

The Ivy Leaf

Established in 1917 to honor those who serve

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MULTI-NATIONAL DIVISION – BAGHDAD

“STEADFAST AND LOYAL”

JUNE 25, 2006

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LINE IN THE SAND



Story by Sgt. 1st Class Mary Mott
363rd MPAD

CAMP LIBERTY, Iraq –

Intelligence has been defined as “the capacity to acquire and apply knowledge, especially toward a purposeful goal.” In the military services, that translates to “know your enemy.” The job of Soldiers in Company D, 4th Infantry Division, who hold the Military Occupational Specialty of Intelligence Analyst (96B,) or any of several related MOS’s, is one that presents day-to-day challenges that materially affect the lives of all of the men and women serving in Operation Iraqi Freedom.

“Almost all Military Intelligence and Geospatial Information Support MOSs are currently undermanned and the potential for advancement in these high-demand jobs is outstanding,” said 1st Sgt. Eric Fowler, Company D, who hails from Douglas, Wyo. The company is made up of approximately 150 assigned Soldiers with another 100 attached Sailors, Airmen and civilians.

Among other duties, these Soldiers prepare source intelligence products to support the combat commander, assist in establishing and maintaining systematic, cross-referenced intelligence records and files, receive and process incoming reports and messages, and determine their significance and reliability.

They also assist in the analysis and evaluation of intelligence holdings to determine changes in enemy capabilities, vulnerabilities and probable courses of action and assemble reports and help consolidate them into Army intelligence. The majority of this work is done with the aid of computers, so Soldiers must be exceptionally proficient at storing and retrieving intelligence data using computers, said Sgt. 1st Class Craig Silva who calls both San Francisco, Calif., and Austin, Texas, home. Silva, a geospatial information specialist, serves as noncommissioned officer-in-charge of the 4th Inf. Div. Geospatial Information and Services section.

It is possible to re-classify into one of these high-tech MOSs, but the standards are high, said Fowler.

The enlisted MI MOSs include 96B, 96D (imagery analyst), 96H (common ground station operator), 97B (counterintelligence agent), 97E (human intelligence collector), 98C (signals intelligence analyst), 98G (cryptologic linguist) and 33W (military intelligence systems maintainer/integrator). The division’s terrain team is composed of 21Us, (topographic analyst) who are geospatial information support engineers.

One of the professional Retention noncommissioned officers on Camp Liberty can quickly assess whether a Soldier meets the qualifications. School slots for re-training in these MOS’s are sparse, so Soldiers who are interested should act now, said Fowler.

Photo by Spc. Rodney Foliente, 4th Inf. Div. PAO
CAMP LIBERTY, Iraq – Soldiers fire M16A2 rifles on the Caughman Range June 16. Among them are Sgt. Caro Gray-Ramos, signal intelligence analyst (bottom) from Ponce, Puerto Rico; Sgt. Aaron Kittel of Greendale, Wisc., an intelligence analyst (second) and Pvt. 1st Class Roderick Reed, intelligence analyst (third) who calls Atlanta, Ga., home. The Soldiers are all part of Company D, Special Troops Battalion, 4th Infantry Division, currently serving in Operation Iraqi Freedom. The 4th Inf. Div. requires all of its Soldiers to re-qualify on their assigned weapon at least once a year. These busy Soldiers took time from their regular duties in the division headquarters to meet that requirement.

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NEWS FROM THE FRONT

Terrorists' vehicle destroyed, 1 terrorist wounded after attack on Coalition Forces

BAGHDAD — Coalition Forces destroyed a truck used by terrorists to attack a patrol base southwest of Baghdad at approximately 7:30 p.m. June 6.

Four terrorists fired two 82mm mortar rounds at the patrol base and left the scene, passing CF Soldiers from 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division, who engaged the terrorists, wounding one.

After the terrorists fled the vehicle CF Soldiers approached the truck and discovered a sniper scope, a complete 82mm mortar system, three AK47s, two satchels containing unidentified ordnance and two racks with four AK47 magazines each.

CF then destroyed the terrorists' vehicle to prevent future use in terrorist attacks and to send a clear message that this type of activity will not be tolerated.

There were no reported injuries to CF personnel or damage to their equipment.

(Courtesy of MND – B PAO)

Coalition Forces foil kidnapping of 7 Iraqis

BAGHDAD — Coalition Forces in east Baghdad stopped two vehicles June 13 and seven Iraqi citizens jumped out claiming to have been kidnapped.

Soldiers from Multi-National Division – Baghdad's Company E, 3rd Battalion, 67th Armor Regiment, 4th Brigade Combat Team, 101st Airborne Division, were conducting curfew enforcement at approximately 11 p.m. when they spotted two vehicles carrying the suspected kidnappers and their victims. During a search of the suspected kidnappers, Soldiers discovered three pistols.

Following the search and questioning, the Soldiers detained four suspected kidnappers and took the seven victims to a nearby forward operating base to collect sworn statements. The kidnapping victims were later released.

(Courtesy of MND – B PAO)

Rennovated water treatment plant opens in Musayyib

FOB KALSU, Iraq — The commander of the 2nd Brigade Combat Team, 4th Infantry Division, and representatives from the United States Army Corps of Engineers and the Musayyib Institute Water Treatment Plant, conducted a ribbon cutting to celebrate the new renovations and addition of the new unit to the water treatment plant June 15.

The Musayyib Institute Water Treatment Plant is in north Babil. The formal ceremony was held to show the local population improvements to the water treatment plant, and the role the instructors, Provincial Reconstruction Teams and Coalition Forces played in making these upgrades a reality.

The \$1.2 million upgrade to the plant will allow it to provide clean water to 10,000 residents of Musayyib and nearby rural residents.

The project started in November and was completed May 28.

(Courtesy of 2nd BCT, PAO, 4th Inf. Div.)

IA, IPs seize weapons from inside mosque

BAGHDAD — Soldiers from 1st Battalion, 2nd Brigade, 6th Iraqi Army Division, and Iraqi policemen seized weapons from inside a mosque in the Adhamiyah section of Baghdad at approximately noon June 14.

IA soldiers and IPs surrounded the Mohammed Rasool mosque after receiving small-arms fire from terrorists holed up inside the mosque. After the Iraqi Ministry of Defense granted permission to enter the mosque, both IA soldiers and IPs entered and cleared the mosque. No terrorists were found during the search of the mosque but abandoned weapons seized inside the mosque included 11 AK-47s, two rocket-propelled grenade launchers, three RPG rounds, a motorcycle and bomb-making materials.

(Courtesy of MND – B PAO)



Photo by Sgt. Zach Mott, 3rd Heavy Brigade Combat Team PAO, 4th Inf. Div.

Nothing left but rubble

HIBHIB, Iraq – Iraqi and Multi-National Division – North Soldiers inspect the blast site of an air strike that killed Abu Musab al-Zarqawi June 7, in Hibhib. Al-Zarqawi was the leader of Al Qaeda operations in Iraq and was considered the top insurgent target prior to his death.

Correction

In the June 11 story, "Fighting the war within," the Iraqna number was incorrectly listed as 0790-431-3817. The correct Iraqna phone number for Capt. Timothy Fahey, traveling preventive mental health team chief, is 0790-194-2847.

The Ivy Leaf

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Coalition Forces hand over Forward Operating Base Charlie to National Police

Story by Spc. Edgar Reyes
2nd BCT PAO, 4th Inf. Div.

FOB KALSU, Iraq —

During a press conference June 7 in Hillah, Multi-National Division — Baghdad and the Iraqi National Police announced the transfer of Forward Operating Base Charlie from MND-B to Iraqi control. This announcement follows the transition of the southern Babil province operational area to Iraqi control last year and came two days before the assumption of the operational area in the Karbala province by 4th Brigade, 8th Iraqi Army Division.

These transitions are part of a plan to eventually turn over all southern provinces to the Iraqi government and military as Iraqi Security Forces become a viable force. The turn over of these areas is a key indicator of Iraqi Security Force success.

On hand to formalize the hand over was Col. John Tully, commander, 2nd Brigade Combat Team, 4th Infantry Division, and Col. Abdulla Bashar Hussein, commander, Iraqi National Police, based at Hillah. The two signed agreements regarding the return of the property and

custodial responsibilities to the Ministry of Interior.

Having the NP stationed at FOB Charlie provides an extra layer of security for the provinces of Karbala, Najaf and Babil as the NP join forces with the provincial police to deny terrorists sanctuary. This, in turn, allows Coalition Forces to decrease their presence in the region, Tully said.

"Today marks a significant step closer to normalcy and eventual transition to full control of the Babil Province; it marks a step closer to prosperity for the people of Babil," said Tully. "Today's transition does not mean CFs are going away, it means the Iraqi army is in the lead and we move to a support role."

"We remain team members and partners; we will continue to support and train the Iraqi Army, police and national police," said Tully.

Although the NPs have jurisdiction over the three provinces, their focus will be to work with the Iraqi army and IPs of the Babil province to maintain the serene stability seen in the area since CF transferred battle space to Iraqi Security Forces last year. Bashar said he is very proud of his unit and pledged his support of the provincial police, IA and CF. "Although we are the national police,

the Babil province is our first priority. We will work in cooperation with the provincial police to maintain security and lead in our goal of a free and stable Iraq."

Coalition Forces will continue to modernize and train the NP, but will maintain a support/advisory role, allowing Iraqis to take responsibility for security in the region, said Tully. In the coming months the NP will receive new vehicles and supplies to aid them in their mission.

"Giving FOB Charlie to the NPs is a great step, a very positive step," said Tully. "The strong leadership of Brig. Gen. Qais Hamza, Babil provincial police chief and his forces and the strength of the NP's ability to take responsibility are a good thing for the security of the region."

"No matter where we are located, we are always there to protect the people. We are always soldiers," concluded Bashar.

The 1st Squadron, 10th Cavalry Regiment, 2nd BCT, 4th Infantry Division, which pulled out of FOB Charlie, has since relocated to FOB Falcon near Al Rasheed. They will pick up operations as 1st Battalion, 22nd Infantry Regiment, moves back to 1st Brigade Combat Team, 4th Inf. Div., in Taji later this month.

Engineers train Iraqi army military police to take on terrorists' IEDs

Story and photo by
Sgt. 1st Class Tracy Ballog
16th Eng. Bde. PAO

BAGHDAD —

6th Iraqi Army Division Military Police soldiers took another step toward being fully prepared to take over battle space and contend with terrorists' improvised-explosive devices by attending and graduating from the first Iraqi army Counter-IED Operations Course held on Camp Liberty in May.

Soldiers from Multi-National Division — Baghdad's 5th Engineer Battalion, 16th Engineer Brigade, developed and instructed 29 Iraqi army MPs during the three-day course, which is specifically geared to ready them for future IED encounters as part of their military police responsibilities.

"For the MPs, our goal was to teach them IED awareness and get them experience in route sweeps; specifically, vehicle formations, radio communication and what to do when they spot an IED; what other steps they need to take to cordon off the area and what other organizations to contact when they locate IEDs," said Col. Glenn Hammond, deputy commander, 16th Engineer Brigade, one of the engineer brigade officers responsible for proposing and initiating the IA IED course.

"I think this course will help them to be more effective by giving them the opportunity to make mistakes in a non-hostile environment. With the new course, they are able to go through the 'crawl, walk, run' phases, whereas previously, the Iraqi army soldiers had to hit the battlefield running, with no IED training," he said, adding that more courses are scheduled for Iraqi army MPs and engineers in the near future.

The course's primary instructor, Sgt. 1st Class Richard Seville, battalion assistant operations sergeant, Headquarters and Headquarters Company, 5th Eng. Bn, 16th Eng. Bde., indicated the initial Counter-IED class included basic awareness training taken from the engineer brigade's Task



BAGHDAD — With their counter-IED instructor, Sgt. 1st Class Richard Seville, 5th Engineer Battalion, 16th Engineer Brigade, looking on, 6th Iraqi Army Division Military Police soldiers pull convoy security as their platoon leader checks out a potential improvised-explosive device on the side of the road May 6-8 during a lanes-training exercise. The exercise gave the Iraqi army MPs hands-on experience with their newly acquired IED awareness and reactionary skills.

Force Iron Claw Academy's course of instruction. The Iron Claw course trains Coalition Forces assigned to route-clearance and assured-mobility missions in theater.

Seville shared plenty of personal expertise with the Iraqi MP soldiers, including experience he gained while performing route-clearance missions during Operation Iraqi Freedom I and as a current Iron Claw Academy instructor.

The MPs' Counter-IED training included two days of in-class instruction, and

focused on basic identification techniques, convoy formations, organizational communication, medical training and security actions, said Seville. On the third day of the course, the MPs practiced their newly acquired skills during an IED lane-training exercise.

Seville explained that the IA MPs considered the hands-on training they received during the lanes exercise valuable. The training required them to move in a convoy over simulated Iraqi roads while keeping an eye out for potential IEDs.

"They could see better how everything works while on the lane," he said.

Capt. Luis Gonzales, MiTT Engineer Advisor for 6th IAD, 5th Eng. Bn., 16th Eng. Bde., said the MPs were energized and grateful for the instruction.

"Any training they receive helps to get the Iraqis better prepared for future missions and more importantly, to take over battle space. This training held a tremendous value for the Iraqi army's preparation and will strengthen their ability and skills."

SEE TRAINING, PG. 23



CAMP LIBERTY, Iraq – Sgt. Shane Choate, utilities equipment repair specialist, Headquarters and Headquarters Company, Special Troops Battalion, 4th Infantry Division, fixes a brake light switch during the weekly dispatch May 24 for an M1114 up-armored humvee. Weekly dispatches like this one help to identify deficiencies so that vehicles can continue their day-to-day operations uninterrupted.

Motor pool keeps MND-B operations rolling along

Story and photos by Spc. Jake Judge
363rd MPAD

CAMP LIBERTY, Iraq – For Soldier-mechanics working here, being outside in the blistering heat and having basically one job after the other, day in and day out, is just part of the normal routine.

Since the Pad 17 motor pool began operations Jan. 11, the Soldier-mechanics have completed more than 500 jobs. Staff Sgt. Derek Estes, light-wheeled vehicle mechanic and motor sergeant for Headquarters and Headquarters Company, Special Troops Battalion, 4th Infantry Division at the motor pool on Pad 17, is especially proud of the accomplishments of his fellow mechanics.

"I have a great bunch of mechanics; they love their job. They would rather be in the shop working on trucks than (anywhere)," said Estes.

The jobs have involved a wide variety of both scheduled and unscheduled vehicle maintenance services, said Estes, which is an especially impressive record when taking into consideration the fact that the majority of the mechanics are tasked out on a regular basis to handle various additional duties.

At the Pad 17 motor pool, both the mechanics' dedication to duty as well as their considerable work-load is evident. Every day, the graveled lot is filled with trucks and equipment being serviced or awaiting service by one of the hard-working mechanics in dirty oil-stained cover-

alls.

"On a weekly basis, we probably see 90 to 100 trucks for scheduled and unscheduled maintenance services," said Estes.

Unscheduled maintenance services occur when a truck goes down unexpectedly and needs to be repaired right away – but for this motor pool, unscheduled repairs are not a problem, said Sgt. Shane Choate, utilities equipment repair specialist.

"Even if it takes a while for us to fix the problem, we make sure that the problem is fixed (right) so that Soldiers can complete their mission," said Choate.

Scheduled maintenance services consist of routine weekly dispatches and check-ups and, like everything else in the Army, these services must be recorded and tracked, said Estes.

Two Soldiers who help accomplish tracking are prescribed load list clerks Spc. Demond Brinson and Spc. Paul Sowu.

"We track all Class 9 (repair) parts, also the maintenance and services of all the vehicles and equipment in the Pad 17 motor pool," said Sowu.

"What happens in this office contributes to keeping these trucks up and running," added Brinson.

Not only does the motor pool work on all the vehicles and equipment for the Special Troops Battalion's Company D, the Band and the Division Troops Company, but they also work on the vehi-

cles for the U.S. Military Transition Teams and their Iraqi counterparts.

Sgt. Major Falah Hassan Hassoun, who is part of the personal security detail for the Commanding General of the 6th Iraqi Army Division, said, "We used to work with the Marines in the cities of Ramadi and Mosul. We are now working with the Army in and around Baghdad, and (both) us and our equipment are always taken care of."

Pad 17's twin team at the Pad 10 motor pool, located behind the STB, has a total of 17 personnel, including light-wheeled vehicle mechanics, air-conditioning mechanics and generator mechanics.

The Pad 10 motor pool's main responsibility is servicing all of the generators that run systems essential to the operation of the division – which includes everything from signal and radars to a hub in Qatar. They are also responsible for maintaining the operation of the Company A, STB, Headquarters and Headquarters Company and the Central Technician Support Facility. This motor pool also helps service members that come into theater with M1114 training and validation.

If you have a vehicle and you are a Soldier in the STB, you should never have to worry about something not getting repaired, said Chief Warrant Officer-2 Elizabeth Ellingson, battalion maintenance technician for both motor pools.

Ellingson and the battalion maintenance sergeant, Sgt. 1st Class Manuel Torres-Baez, keep the two motor pools

fully operational and ensure that all tasks are completed in a timely manner.

Coordinating these duties "keeps us (both) extremely busy," said Torres-Baez.

The mechanics on Pad 17 have learned to work together to get the substantial amount of work that comes in to them accomplished, Estes said. "When we first opened up, I had only worked with three of the mechanics. We were given nine additional mechanics. These new Soldiers have learned a lot since they have been working here."

The new mechanics had to learn a lot quickly, noted Estes, since the PAD 17 shop is one of only a handful of motor pools that does organizational and direct support maintenance.

Organizational services are all scheduled services, such as weekly dispatches, while direct support maintenance involves changing of major assemblies such as engine differentials, transmissions and transfers. Estes added that the mechanics "are being trained to trouble-shoot and replace major assemblies. It is very rare to have a motor pool that does (both) organizational and direct support maintenance."

In the motor pool, each Soldier's job is just as important as the next and they must work as a team in order to keep the wheels rolling on Camp Liberty, said Brinson. "I enjoy the people I work with ... the people you work with make your job the worst job, or they can make your job the best job," he said.



FOB KALSU, Iraq – Col. John Tully, commander, 2nd Brigade Combat Team, 4th Infantry Division, talks to Soldiers from 2nd Battalion, 8th Infantry Regiment, during a D-Day commemoration ceremony here June 6. Soldiers from 2-8 Inf. Regt. were the first American Soldiers on the beaches of Normandy 62 years ago and were quickly followed by other units from the 4th Inf. Div.

MND-B Soldiers commemorate D-Day

Ironman competition held at Forward Operating Base Kalsu to pay tribute to veterans

Story and photos by
Cpl. Michael Molinaro
2nd BCT PAO, 4th Inf. Div.

FOB KALSU, Iraq — Paying tribute and respect to the veterans of their battalion, Soldiers from 2nd Battalion, 8th Infantry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, commemorated the 62nd anniversary of D-Day at Forward Operating Base Kalsu June 6.

Soldiers participated in the first annual 2-8 Inf. Regt. D-Day Ironman competition early in the morning, followed by a ceremony that celebrated the battalion's battle-tested Soldiers of yesterday and today.

"We will never forget the people who served during that time," said Command Sgt. Maj. Gabriel Cervantes, the architect behind the event. "They gave their life for our great country and were great American heroes."

The competition started at approximately the same pre-dawn timeframe, when 62 years ago, Soldiers from 2-8 Inf. Regt. were storming Utah Beach in Normandy, the first American troops to make it ashore on the fateful day.

Nineteen teams trekked their way around a 4.6 mile road track with 30-pound rucksacks strapped to their backs. Once their march was complete, Soldiers unpacked their interceptor body armor system, Kevlar helmets and proceeded to Sage/Morberg range to perform the weapons qualification portion of the competition.

They had four minutes to shoot forty rounds, 20 rounds in the prone position and 20 standing, to achieve the best score possible.

Soldiers then made their way toward FOB Kalsu's North Gate area to conduct a

standard Army physical fitness test once the weapons qualification round was over. They had two-minutes to do as many pushups as they could, two-minutes to accomplish as many sit-ups as possible, and promptly perform a two-mile run.

Sweat-drenched teams soon followed with the final three segments of the competition: weapons proficiency, which had Soldiers clear, take apart, disassemble and assemble three separate machine guns; properly send digital unexploded ordnance reports; and correctly relay nine-line medical evacuation and improvised-explosive device reports.

After the competitors took a short break to catch their breath and enjoy a late breakfast, the remainder of the battalion's Soldiers returned from combat patrol missions and daily routines to gather for an inspiring 2-8 Inf. Regt. historical tribute.

As the battalion was called to attention, a thunderous "First at Normandy!" echoed in unison throughout FOB Kalsu. Cervantes talked with the Soldiers for a few minutes about June 6, 1944, and what that day meant in American history. Spc. Jamie Boot, fire control systems repair, Company E, 2-8th Inf. Regt., 2nd BCT, led the Talons in reciting the Soldier's Creed, then nine deserving Soldiers received Purple Hearts from Col. John Tully, commander, 2nd BCT, for wounds suffered while deployed in support of Operation Iraqi Freedom.

One Soldier, Staff Sgt. Xavier Dominguez, squad leader, Co. A, 2-8th Inf. Regt., 2nd BCT, was awarded the Army Commendation Medal with Valor for saving the lives of four comrades during combat in February.

Without further adieu, the top three fin-

ishers in the Ironman competition were recognized. Third place was the team of Boot and Pfc. Chase Miller, both of Co. E. Second place went to the team of Pfc. Kory Hahn and Cpl. Michael Foreback, infantrymen with Co. A.

The first place team consisted of Capt. Kevin Lewis, engineer, and Capt. Alphonse Lemaire, intelligence officer, both of 2-8th Inf. Regt. Everyone who competed was given a "Hooah" award and acknowledged for their effort.

Tully spoke to the Talons for a few minutes and drew a comparison between today's Soldiers and yesterday's Soldiers that were being honored. He told them that they too can become a part of history by helping to make Iraq a secure and stable country in a notoriously unstable Middle East.

Lt. Col. James Howard, commander, 2-8 Inf. Regt., wrapped things up by thank-

ing the veterans of Normandy and the sacrifices they made that day, telling his troops he was proud of the accomplishments they have made thus far during the current deployment and to continue striving to make Iraq a better place.

Cervantes revealed that he plans to bring the D-Day competition back to Fort Hood with the battalion upon redeployment and make it a 'rite of passage.' He said it will always be on June 6 and will always start early in the morning, just like when those brave Soldiers began their quest in 1944.

"It was an honor to help recognize so many great Soldiers, not only from World War II but also guys I get to serve with everyday," said Foreback. "The Soldiers from the past paved the way for our country to be great, and it's now our duty to keep it that way. And you can bet that we will."



FOB Kalsu, Iraq – 1st Lt. Sam Luke, platoon leader, Company D, 2nd Battalion, 8th Infantry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, focuses on his pushups during the D-Day Ironman competition here June 6.

Warrior Ethos shapes battlefield

Warrior Soldiers save lives while leaders down after explosive device detonation

Story by
Staff Sgt. Brent Williams
4th BCT PAO, 4th Inf. Div.

BAGHDAD — As small-arms fire could be heard nearby the burning vehicle, Spc. Izzy Flores, combat medic, 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, said he thought to himself, "Please don't shoot me now; I've got to finish this."

The explosion of the vehicle-borne improvised-explosive device sent a wave of searing heat, a heart-rattling concussion and a hail of shrapnel whipping through the air, leaving two Soldiers from the 4th BCT faced with the harsh realities of battle May 29.

Quickly assessing the situation, Sgt. Daniel Mootoosamy, squad leader, scout platoon, 1st Bn., 12th Inf. Regt., dismounted from his gunner's turret to find 11 casualties, many seriously wounded, both on the ground and in vehicles.

Within moments, the noncommissioned officer from Las Vegas, Nev., realized that he was the senior-ranking Soldier and the commander on the ground.

According to Mootoosamy, his first thoughts were for the security of the survivors, and once he realized that his Soldiers were hurt, his instincts took control.

"As NCOs, as Soldiers, we apply the training," Mootoosamy said of the situation. "As a person, not necessarily as an NCO, I knew people were hurt. I had seen them thrown on the ground, and I knew I needed to develop the situation."

Upon orders from Mootoosamy, Spc. Michael Potter, cavalry scout, Headquarters and Headquarters Company, 1st Bn., 12th Inf. Regt., badly burned and in great pain, manned the M2 .50-caliber machine gun, providing cover for the wounded from the turret of the M1114 Up-Armored Humvee.

On the street, Mootoosamy went through a checklist of priorities in his mind and began checking the blocks.



BAGHDAD — Sgt. Daniel Mootoosamy, squad leader, and Spc. Izzy Flores Jr., combat medic, scout platoon, Headquarters and Headquarters Company, 1st Battalion, 12th Infantry Regiment, put duty before self May 29 when their leaders and sergeants were struck by a vehicle-borne improvised-explosive device. Flores, a 20-year-old native of Monterey Park, Calif., saved two American Soldiers and a U.S. reporter, while Mootoosamy assessed casualties and provided security.

He looked to the combat medic, Flores, a 20-year-old from Monterey Park, Calif., also uninjured in the blast, for aid.

"When it first happened, the disbelief, I didn't want to accept it," Flores said.

"Then I saw Spc. Kenneth Snipes bleeding from his face, and I knew it was happening."

The medic began the triage for the casualties almost immediately, assessing the most visibly injured from the explosion, pausing only to apply tourniquets and bandages for the severely wounded.

"It was tough to see leaders down," Flores said, "and being on the site first, I assumed duties as senior medic."

Once bandaged by his "doc", Snipes, a driver for the platoon, began to work on the vehicle radios disrupted by the blast.

Meanwhile, Sgt. Ezequiel

Hernandez, Jr., despite his own injuries, worked with Mootoosamy to pull the wounded from a burning vehicle to safety.

Mootoosamy quickly made the decision, based upon the applied risk assessment combined with enemy threat levels, to wait for support. The sergeant then secured a humvee to provide cover for his medic.

Flores was working on a critically-injured Soldier when he heard small-arms fire.

Lowering his head, the medic continued the work at hand, "applying tourniquets and plugging holes," while other Soldiers tightened security. Only later was he made aware that the shots he heard were from the burning Humvee, which was "cooking off" rounds.

Since the first day of his military training nearly two years

ago, Flores has prepared for the worst possible scenario — mass casualties. As the supplies in his aid bag were running out, the medic continued to work, looking desperately for assistance.

"Just in my mind there were so many people down. I didn't have the time," he explained. "In a perfect world, I would have had the time to sit down and perform a full scope of work on them; I didn't have that time."

The support teams arrived, and additional personnel began to assist in securing the site and treating the wounded.

Flores would not leave the scene of the attack until he was certain all his wounded fellow Soldiers had been evacuated. He stayed behind on site, pulling security, until the entire team had been safely taken out of the area.

It is hard for Flores to accept the magnitude of his actions as he remains thankful that some of his leaders, Soldiers and friends will live to fight another day.

"To be honest, everyone comes up to me telling me that I did a good job," he explained. "In my mind, I was just doing my job. I don't want to accept the depth of what happened, because that is my job."

The actions of the Soldiers from the scout platoon, when challenged with mental and physical adversity, saved many lives that day and prevented a dreadful situation from worsening.

Spc. Flores' actions saved two American Soldiers' lives and one U.S. reporter's life, said 1st Lt. Mark Schmidt, executive officer and acting commander, HHC, 1st Bn., 12th Inf. Regt. Six Soldiers were critically wounded when the VBIED detonated; one will return to duty.

"In the situation they were in, those guys performed to the best of their ability," said Schmidt, a West Point graduate from Chadron, Neb. "They were all trained correctly. Sgt. Mootoosamy saw that he was the highest ranking guy on the ground and he knew what he needed to get done. Spc. Flores, he knew his job. He jumped up and treated his casualties."

The events that day turned out to be the biggest test faced by Mootoosamy, who said he looks forward to a successful career in the U.S. Army.

"In my eyes, I passed it," he said. "I did what I had to do to the best of my ability. It is one of those (tests) that you have to pass; you don't dwell on it."

Mootoosamy credits his NCOs and leaders who instilled the Warrior Ethos and instructed him according to The Soldier's Creed, making him the leader he is today. For Soldiers who might someday face the same situation, Mootoosamy, who has lost good friends in combat, wants his fellow Soldiers to keep hope.

"Keep your head up. Keep focused on what we are doing. Stay strong and persevere," he said. "Basically, if we give up now, we get tired and relax and basically are just doing our time; then we have lost." Mootoosamy said. "Hold that fight; fight that reason to its fullest and hand it off, or basically they died for nothing."

Capt. James Funkhouser, commander, 1st Bn., 12th Inf. Regt., and CBS cameraman Paul Douglas and soundman James Brolan, were killed in the VBIED attack.

WATCH YOUR BUDDY! SYMPTOMS OF A HEAT CASUALTY INCLUDE:

- HEAT CRAMPS IN ARMS, LEGS OR ABDOMEN.
- SWEATING PROFUSELY.
- HOT, RED, FLUSHED SKIN
- WEAKNESS, DIZZINESS AND/OR NAUSEASNESS.
- UNCONSCIOUSNESS



From dawn to dusk ...

Infantry regiment supply sergeant works to keep Soldiers, Iraqi army supplied

Story by 1st Lt. Nate Rawlings
1st Battalion, 22nd Infantry Regiment,
2nd BCT, 101st Airborne Div.

BAGHDAD, Iraq — Mornings begin early for Sgt. Steven Fischer, supply sergeant, Company E, 1st Battalion, 22nd Infantry Regiment, assigned to 2nd Brigade Combat Team, 101st Airborne Division. Arriving at his cramped office often before sunrise, Fischer undertakes the monumental and vital task of providing the company with every piece of equipment needed to accomplish its various missions including capturing elusive terrorists and training Iraqi army soldiers.

Fischer's day is filled with requests, a feeling familiar to supply sergeants across the Army. "Sgt. Fish, I need more..." can be heard across the motor pool as another patrol prepares to depart. The arrival of the executive officer only brings more questions and further requests. "Sgt. Fish, what's the status of our latest order?" is the most common query. Despite constant demands and requests, Fischer answers each Soldier calmly.

No stranger to military service, Fischer draws upon his prior service as a U.S. Marine to streamline systems and maximize all possible productivity. During his enlistment in the U.S. Marine Corps,

Fischer said he was one of the Marines directly responsible for deploying his battalion from Twenty Nine Palms, Calif., at a moment's notice.

"That was a crazy process," Fischer said of the Marines' rapid deployments on extremely short notice.

"Usually, we would get about two hours notice to have your sea bags and be at the airfield, ready to fight shortly after hitting the ground. You can imagine we had a tough job in supply there."

A native of Baltimore, Fischer has brought the tough attitude of that harbor town to his military life. His success as the company's supply sergeant is even more outstanding given the fact that his primary military occupational specialty is a nuclear, biological and chemical specialist.

When he took over his current duties in the company, Fischer said he inherited a complex supply system with no formal training in the specifics of the Army supply system. With a can-do attitude behind his broad grin, Fischer revitalized the company supply system, an effort which

benefited both the company and the Iraqi army troops with whom he works.

In addition to ensuring that his company has all the equipment necessary for their missions, Fischer said he has undertaken the task of helping to supply the Iraqi army with necessary

"When we arrived in this sector, the condition of the patrol bases and the Iraqi army billets was wanting. We tried to concentrate on getting them permanent structures to live in and sleep in, and a crucial part of that process has been to provide them with the little things that are necessary, but difficult for the Iraqi army to procure."

Capt. Patsky Gomez
Commander, Company E,
1st Battalion, 22nd Infantry Regiment

items that are often in short supply throughout the "Strike" Brigade's area of operations. Fischer oversees the supply of many IA outposts with lumber, nails and other equipment necessary to build and improve their billets.

"When we arrived in this sector, the condition of the patrol bases and the Iraqi army billets was wanting," said Capt. Patsky Gomez, commander, Co. E, 1st Bn., 22nd Inf. Regt. "We tried to concentrate on getting them permanent structures to live in and sleep in, and a crucial part of that process has been to provide them with the little things that are necessary, but difficult for the Iraqi army to procure."

After completing the orders for lumber and building supplies, Fischer often delivers the equipment personally to the Iraqi army outposts. There, he said he can see the progress the Iraqi soldiers have made in improving their living areas.

"The (Iraqi) soldiers we work with are not from anywhere near Baghdad, so it's easy to forget that they're as much of an expeditionary force as we are," said 2nd Lt. Jon Chychota, platoon leader, Co. E.

"When they're so far from their homes and families, it's impossible to quantify how much it means to them to have a solid structure to sleep, eat and live in."

As the sun begins to descend, Fischer locks his office and heads for his second home, the gym.

An avid weight lifter and fan of Calif. Governor Arnold Schwarzenegger, Fischer blows off the steam of long days by pumping iron.



Mountain Division improves health care for Soldiers

Story by 1st Lt. Ron Lenker
10th BSB, 1st BCT, 10th Mtn. Div.

CAMP LIBERTY, Iraq — Medical Soldiers from the 10th Brigade Support Battalion, 1st Brigade Combat Team, 10th Mountain Division, have attempted several new approaches to managing combative and non-combative traumas throughout the unit's deployment.

Among the battalion's approaches is a newly developed standard operating procedure in the pharmacy and the utilization of the global telecommunications network Military Combat Casualty Care (MC4)

System, which allows medical personnel to communicate effectively.

Over time, the establishment of a protocol has enhanced the care given by the battalion's medical centers and Soldiers.

"Upon our arrival in Iraq, we began to identify many areas that needed improvement. We attempted to provide a near seamless transition from training to clinical practice and integrating the medical care of combat casualties in the battlefield environment," said Sgt. 1st Class Gil Montanez, treatment platoon sergeant, 10th BSB.

Some of the Soldiers have left their own areas of operation, augmenting other units in outlying forward operating bases in order to provide care

for Soldiers and local nationals.

One of the experimental approaches the battalion has worked to perfect, the combat stress program, has been especially aimed at helping those Soldiers in outlying FOBs.

"We have continued to develop and use advanced technologies available to maintain the world's finest combat casualty care systems," said Capt. Kyle Bourque, the officer-in-charge of the stress program. "Our medics and health care providers have adapted very well to this environment, and have worked hard

to provide the best care to those in need."

The 10th BSB Soldiers also renovated an old wooden building, transforming it into a functioning medical center.

"Despite the 24-hour patient care and other tasks in support of the battalion's operations, we brought advanced equipment to an old wooden building," said 2nd Lt. Dawn Shields, transportation officer, 10th

"We have continued to develop and use advanced technologies available to maintain the world's finest combat casualty care systems."

Capt. Kyle Bourque
Officer-in-charge, stress program
10th Brigade Support Battalion,
1st Brigade Combat Team,
10th Mountain Division

BSB.

"With some paint and some imagination, we gave the work area a new look, and converted a field unit with field equipment into a modern healthcare facility."

With the use of concurrent training and step-by-step protocols, the overall outcome and quality of care given has improved, she said.



CAMP TAJI, Iraq – Spc. Elisapeta Lam Sam, a chaplain's assistant assigned to Headquarters and Headquarters Company, 3rd Battalion, 4th Aviation Regiment, presents a wreath of flowers to Command Sgt. Maj. Kenneth Patton, Combat Aviation Brigade, during one of the Hawaiian dance performances at the Asian-Pacific American heritage month observance.

Hawaiian islanders bring native dance to Taji troops, celebrate Asian-Pacific heritage

Story and photo by Spc. Creighton Holub
Combat Aviation Bde. PAC, 4th Inf. Div.

CAMP TAJI, Iraq – The equal opportunity offices in the three brigades here brought the spirit of the islands to the desert with Hawaiian dancers, leis and palm leaves. While the dances were entertaining, they were only part of an educational opportunity about the heritage of Asian and Pacific Islander Americans.

"The purpose behind the ethnic observance is to allow people of cultures other than the one being observed to learn about the historical significance as offered to the United States," said Sgt. 1st Class Michael Horwath, the Combat Aviation Brigade's equal opportunity advisor. "It's basically to fill in the gaps left in the history books. A lot of people come to these observances to cross those cultural barriers. They have stereotypes and they come out to bridge those barriers."

As of September 2005, only 4.2 percent of commissioned officers, 2.4 percent of warrant officers and 5.9 percent of enlisted Soldiers consider themselves Asian or are from the Pacific Islands, according to the CAB's equal opportunity office.

"There are quite a few Asian-Pacific Americans in the military and they have done great achievements," said Spc. Juan Terrazas, a paralegal specialist from Del Rio, Texas, assigned to Headquarters and Headquarters Company, 1st Battalion, 4th Aviation Regiment.

Terrazas and the more than 170 personnel in attendance learned about individuals such as Gen. Eric Shinseki, who became the first Asian four-star general, Lt. Gen. Allen K. Ono, who became the first Japanese three-star general, and Maj. Gen. William Shao Chang Chen, the first Chinese two-star general.

They also heard of the heroic exploits of

the 100th Infantry Battalion, 442nd Regimental Combat Team in World War II. The battalion of Japanese-Americans earned one medal of honor and 33 distinguished service crosses, 20 of which were upgraded to the Medal of Honor in 2000. These Soldiers' bloodiest battle occurred during their rescue of the famed "Lost Battalion" in 1944.

Soldiers stationed at Camp Taji were able to load up on cultural understanding, including history, music and dance.

"The music is very interesting, it makes me want to listen and relax to it," said Terrazas. He explained that the observance was the first time he had seen Hawaiian-style dancing in person.

Horwath added that individuals wanting to learn more can find information on different cultures at the Defense Equal Opportunity Management Institute's Web site at: <https://www.patrick.af.mil/deomi/deomi.htm>.

Operation Winged Victory takes flight

Story by
1st Lt. Dahbry Streets
1st Bn., 22nd Inf. Regt.

CAMP LIBERTY, Iraq – Soldiers from 3rd Battalion, 1st Brigade, 6th Iraqi Army Division, conducted a combined three-day operation May 19-21 with Soldiers from Multi-National Division – Baghdad's 1st Battalion, 22nd Infantry Regiment, attached to 2nd Brigade Combat Team, 101st Airborne Division, along the Tigris River.

During Operation Winged Victory, Soldiers conducted reconnaissance of an area not frequently visited by Coalition Forces. Sayafiyah is composed of mostly Shia farmers, which is similar to the composition of most areas in southern Baghdad. What makes this area different from other areas is the fact that most of the residents seem to have already embraced the ideals that CF have fought so hard to bring about. The people there "take ownership of their own communities."

"It is great to see the people of Sayafiyah coming together as one within their communities to fight the insurgency, and put a stop to the violence," said Sgt. 1st Class Paul Nice, fire support noncommissioned officer, 1st Bn., 22nd Inf. Regt.

While in Sayafiyah, the combined units conducted numerous foot patrols, talking with many of the local residents of Sayafiyah.

"This predominantly Shia area displayed a positive attitude toward the new Iraqi government," said Capt. Matthew Weber, commander, Company B, 1st Bn., 22nd Inf. Regt.

Overall, the people of Sayafiyah seemed happy to see Iraqi and CF patrolling and helping to make the area more secure. The Soldiers were also able to gain information on the quality of essential services in the Sayafiyah area. This Shia enclave could one day pose as the model village for the future of Iraq, said Weber.

Iraqi army conducts raids, detains 12

CAMP TAJI, Iraq – Soldiers from 1st Mechanized Brigade, 9th Iraqi Army Division, detained seven suspected terrorists during near-simultaneous raids on two objectives north of Baghdad at approximately 2 a.m. June 8. The Iraqi soldiers seized three bags of

Al Qaeda propaganda including 25 compact discs, two computer hard drives, four AK-47 assault rifles and two pistols during the raids. The soldiers also detained two suspected terrorists during the raids.

Meanwhile, patrols from 2nd Tank Brigade, 9th IA Div. and 7th Squadron, 10th Cavalry Regiment, 1st Brigade Combat

Team, 4th Infantry Division, conducted multiple cordon and search operations of several houses north of Baghdad, also at about 2 a.m. June 8, and detained five suspected terrorists.

(Courtesy of 1st BCT PAO, 4th Inf. Div.)

3,500 in Baghdad to receive potable water

BAGHDAD – The U.S. Army Corps of Engineers reports that rehabilitation is complete on a water compact unit project in Baghdad Province.

The statement of work for the \$26,000 Fanooz Aziz Water Compact Unit project required rehabilitation of two water compact units in Mada'in that will produce potable water for approx-

imately 3,500 Iraqi residents.

At full capacity, the two units will produce 720 m3 of potable water daily.

Currently, 16 of 35 USACE water treatment projects programmed for the Baghdad Province are complete, or 46 percent.

(Courtesy of U.S. Army Corps of Engineers PAO)

Armor Soldiers deliver more than 5,000 text books to New Baghdad children

Story by Pfc. Paul David Ondik
4th BCT, 101st Abn. Div.

FOB RUSTAMIYAH, Iraq – To help ensure Iraq's progress and improve education in the country, Soldiers from Company C, 3rd Battalion, 67th Armored Regiment, attached to the 4th Brigade Combat Team, 101st Airborne Division, along with battalion civil affairs units, delivered more than 5,000 text books to children of the Al-Jadida School in New Baghdad May 10. Up until now, available text books were outdated and filled with pro-Saddam propaganda, said Capt. David McCaughrin, officer-in-charge of civil military affairs, 3-67 AR Regt.

The operation was approved by the Iraqi Ministry of Education and was coordinated by battalion civil affairs

and the Iraqi District Advisory Council.

These projects build the Iraqi people's trust and confidence in their government, said 1st Lt. Faustino Gonzalez, deputy officer-in-charge of civil military affairs, 3-67 AR.

No school projects are undertaken without approval, said Gonzalez. On most projects the company command informs the civil affairs section of the need for a project in their area of operations. CA proposes the project to battalion command, who signs off on the project. CA then checks in regularly at the work site to see if the project is on schedule or check it out if it's been completed, he said.

"The superintendent of the school had a contact in the United Arab Emirates that was able to get a good price. It was unbeatable," said McCaughrin. "The Army was able

to facilitate the transaction, and they delivered the books personally."

"We normally try not to visit when class is in session because we don't want to create much disturbance," continued McCaughrin. "But we definitely are a big hit when we come bearing gifts."

"These missions helping Iraqi schools aren't concentrated in just one area," said Pfc. Erik Meyers, a forward observer with CA, 3-67 AR. The battalion has worked on school projects throughout the entire Tissa Nissan district. The projects can range from delivering school supplies to getting lavatories in working order, he said.

"These kids are glad to get any help they can to further their education," said McCaughrin.



BAGHDAD – A girl's smile blooms in appreciation for school supplies, which were donated by the Family Readiness Group of Brigade Special Troops Battalion, 1st Brigade Combat Team, 10th Mountain Division, after a ceremony celebrating the completion of renovations for the Al Hidaybiya Elementary School in Bakaria, of the Gazaliyah neighborhood, located southwest of Baghdad.

Photo by Spc. Rodney Foliente, 4th Inf. Div. PAO

Civil affairs Soldiers work to improve quality of life for Iraqi children of Zafriniyah

Story by Pfc. Paul David Ondik
4th BCT, 101st Abn. Div.

FOB LOYALTY, Iraq – In an effort to win the trust and confidence of the Iraqi people, a group of Civil Affairs Soldiers assigned to 4th Battalion, 320th Field Artillery Regiment, 506th Regimental Combat Team, lead the way in refurbishing the Escondrona Primary School in the Zafriniyah area of Baghdad May 31.

"When Americans came, all of the Iraqi people were happy about their new life," said the school's headmaster.

The project is a part of the Commanders Emergency Relief Program. CERP funds are authorized for use in improving civic cleanup, health care, irrigation, and education.

"What CERP allows us to do is to speak not only to the government leaders, but also to the teachers, the headmasters," said Capt. Shelia Matthews, officer-in-charge, 4-320th CA. Programs like these provide a boost to local economies by giving funds directly to contractors from the community to do work on their own neighborhoods, said Matthews.

"They actually did a really good job, this is one of our best contractors," said 2nd Lt. Jesse Augustine, projects officer, 4th Brigade Special Troops Battalion. He stressed that teamwork between different civil affairs teams, as well as between Coalition Forces and local contractors, make projects like this possible. "From the time of the development to its completion was about four months. Start to end, the construction took just over two months."

The project's cost was over \$85,000, but it "was money well spent" for the 850 students who attend the school now, as well as the countless numbers of students to come, Augustine said. "The schools have a localized effect, muhalla (neighborhood) to muhalla," said Augustine. Improving these schools helps not only the children in attendance, but also the area as a whole, he said. "This school has an immediate effect on the entire community."

CA cooperates with Iraqi leaders, contractors, and educators to provide a quality of life that improves every day, said Augustine.

"As best we can, we try to do things that last," said Matthews.

After rubber meets road, Taji tire shop keeps trucks rolling with new tires

Story and photo by
Staff Sgt. Monika Comeaux
207th MPAD

CAMP TAJI, Iraq –

Who are the 'Michelin Men' of Camp Taji? That would be the Soldiers of Battery C, 6th Battalion of the 32nd Field Artillery Regiment, from Fort Sill, Okla., deployed in support of Operation Iraqi Freedom – not because their Soldiers look like big, pudgy Michelin mascots, but because they run the one and only tire shop on the base.

"We provide a local tire service here on Camp Taji," said Capt. Brad Lowery, the executive officer of Battery C. "The employees are hired local nationals... Anyone passing through Camp Taji or located on Camp Taji can pull up and have any of their tires changed, basically with free labor."

The shop has helped keep Soldiers of Multi-National Division – Baghdad and its fellow forces on the road.

The shop services anything from humvee tires to Heavy Equipment Transporter tires. "I would say our guys change 200 tires a week," said Capt. Thomas Krenz, maintenance platoon leader, Battery C.

"We go through close to 300 (a week)," he explained, "because some people come and do a one-for-one swap and actually take the tire, go to their motor pool and do it themselves."

Customers line up long before the shop opens, awaiting the arrival of the local nationals who work there. The business is open from 9:30 a.m. to 2 p.m., Monday – Friday. The hours may seem short, but the Iraqi workers have to go through multiple checks and searches in order to come

onto the post and also have to be off post by a certain time of the day, which limits the amount of time they are able to spend at the shop, explained Krenz.

Ironically the tire shop's biggest customers are Battery C's own HET-trailers. "It is the smallest tire we stock," said Krenz.

"Each trailer has 40 tires and we have 60 trailers. If you do the math, we are

changing quite a few tires on those every week."

Occasionally customers do come in with unusual requests, like trying to get tires for non-tactical vehicles, said Lowery.

"We have people that drop off tires and we don't see them for a month. We've got

people that want 40 humvee tires, but they don't have one to give us," said Krenz.

Receiving a used tire for the new one is key, because that is how the shop gets cred-

it for the work they do, and their budget is also based on the number of used tires turned in, Krenz said.

Both officers are fully in favor of employing local Iraqis as laborers. "The main reason why we do it is to put money back into the local economy," Lowery said. "It also establishes a rapport between us and the locals."

Pfc. James Walder, a petroleum supply

specialist with Battery C, has worked with the tire shop and the Iraqis for the past six months and said he used to think that the U.S. should completely take over Iraq and that all Iraqis hate Americans. "Now, working hand in hand with them every day I see that they are a lot like us. Poor, but a lot like us. They have the same needs and wants as us."

The locals appreciate the opportunity to work in the shop. "The work here is nice for me," said one of the Iraqis, who has been nicknamed 'Tim' by the Soldiers. He speaks broken English, but the smile on his face speaks for itself. "I like this job, it is good money," he added.

Tim is only 17, but he has ambitious plans for his future. He wants to go to college one day, and become a teacher, he explained. For now he is happy that he has a well-paying job that he likes, although he acknowledges that he risks his life every day to come on post and works for Americans.

All of the Soldiers and Iraqis running the tire shop said they are eager to help customers. All the shop asks is that customers bring in their old tires so they can do a one-for-one exchange, and if they need a tire with a rim, customers must turn in a tire with a rim in return.



CAMP TAJI, Iraq – An Iraqi worker helps Spc. Corey Bailey, a motor transport operator with the 432nd Transportation Company, load a tire at the tire shop of Battery C, 6th Battalion, 32nd Field Artillery at Camp Taji. The shop changes around 200 tires a week. They have tires for most military vehicles.

Learning 'Stoic ABCs'

Warrior resilience trainers help Soldiers maintain mental, emotional health in Iraq

Story and photo by
Sgt. 1st Class Mary Mott
363rd MPAD

CAMP LIBERTY, Iraq – For Capt. Thomas Jarrett, 602nd Area Support Medical Company, 30th Medical Brigade mental health officer-in-charge at the Witmer Troop Medical Clinic on Camp Liberty, the secret to maintaining good mental and emotional health while deployed to Iraq is as simple as ABC.

The TMC is operated for 4th Infantry Division and Multi-National Division – Baghdad Soldiers.

Jarrett, a Licensed Clinical Social Worker and doctoral candidate, advocates the "ABC theory of emotions" propounded by famed psychologist, Dr. Albert Ellis, coupled with a study of the roots of Western culture that stretch back to Roman Emperor Marcus Aurelius and Zeno of Citium, a philosopher from Cyprus who started the Stoic school of philosophy in Ancient Greece.

These ancient philosophers, the so-called "physicians of the soul," were the "therapists of their time," Jarrett said.

Termed "Stoic" or "Warrior" resilience training, Jarrett believes this is a method that all Soldiers can use to achieve mental health and stability based upon the combination of "ancient Stoic philosophy and modern cognitive science for combat Soldiers."

Jarrett, who is also a Special Forces honor graduate, said he believes in the "force multiplier" grass roots model. His goal as a counselor is "to help Soldiers adjust to the point where they are able to be successful as a Soldier and make it through the deployment ... with honor."

Coupled with Stoicism, the class also incorporates Dr. Ellis' "ABC" theory of emotions. The 'A' is an activating event, sometimes called a "trigger" – usually some type of challenging situation. The 'B' represents a belief that takes over and causes 'C,' the emotional consequence. If the belief is irrational, the consequence can be depression or anger.

In addition, Jarrett incorporates the teachings of colleague, Dr. Nancy Sherman, former Naval Academy Ethics Instructor and author of "Stoic Warriors: The Ancient Philosophy Behind the Military Mind."

In much of the training, Jarrett is assisted by Sgt. Jose Hernandez, mental health specialist and combat medic with the 602nd ASMC at Witmer TMC.

Hernandez, who hails from Fontana, Calif., and has been in the military seven years, said the Stoic warrior training is particularly essential for combat medics because "there are a lot of Soldiers who will talk to them," rather than see mental health.

"The stigma of going to mental health is still in a lot of people's minds," said Hernandez, "but if they talk to a combat medic, then he or she can explain that seeking help is no longer a career killer. The combat medics (who take this class)



CAMP LIBERTY, Iraq – Sgt. Jose Alfredo Hernandez (left), a mental health specialist and combat medic with the 602nd Area Support Medical Company out of Fort Bragg, N.C., goes over class notes in the group meeting room at the Witmer Troop Medical Clinic on Camp Liberty June 3. With him is Capt. Thomas Jarrett, officer-in-charge of the mental health section of the clinic. Hernandez, who calls Fontana, Calif., home, and Jarrett, from Johnson City, Tenn., work together to offer Warrior Resilience Training at the clinic for combat medics and senior leaders in Multi-National Division-Baghdad.

can give accurate information on mental health."

To better train combat medics, senior non-commissioned officers and "highly motivated E-4 and above" enlisted Soldiers, as well as officers, Jarrett offers the 8-session training program in "Warrior" or Stoic methods of cognitive-behavioral peer counseling. Conducted at the Witmer TMC, the progressive sessions prepare Soldiers to be unit peer advocates for emotional health and resiliency, as well as the key referral source for Soldiers who need formal counseling, and a resource in potential emergencies.

At a training class May 30 with seven Soldiers varying in rank from specialist to lieutenant, Jarrett stressed to his students that their role is one of "an informally trained counselor in cognitive counseling." Throughout the training, Jarrett makes it clear that the "Stoic counselors" are not professional counselors and should not try to act as such.

"I still would urge you to refer (a fellow Soldier having problems) to mental health or the chaplain," said Jarrett, but acknowledged that "some Soldiers just won't talk to a counselor – so you may be it, or (you may) need your cognitive skills to encourage Soldiers to talk to mental

health."

According to Jarrett, Stoic training fits in well with the military because it essentially re-emphasizes both the Warrior Ethos and the Army values.

Members of the U.S. military, noted Jarrett, "are held to a very high standard. Our actions are in a fishbowl," further adding to the stress of deployment. But, Jarrett, added, he believes we have the "most moral Army in the world."

Role-playing is a big part of Jarrett's teaching and he tells his students that

"there is a sales job involved as a (peer) coach – we are selling mental health," and encourages them to make sure that once the issues are resolved they "get out of the way and let (the Soldier you assisted) go on with his or her life; don't make them dependent on you."

"If it is obvious that further counseling is warranted, or if there is any uncertainty," Jarrett said, the Stoic peer counselor's responsibility is to make the mental health

referral happen promptly.

In all cases where a fellow Soldier is threatening to harm self or others, steps must be taken to effect immediate intervention by a mental health professional, he emphasizes.

Student, Spc. Brad Storck, a medic

from Iowa City, Iowa with the Iowa Army National Guard's 134th Ground Ambulance Company, currently assigned to Witmer TMC.

Storck said he was encouraged to take training by a fellow medic and has found that "it not only helps me talk to (my) patients, but it helps me solve my own problems."

Student, Spc. Jeff Leger from San Antonio, Texas, a combat medic for Headquarters and Headquarters Company, Fires Brigade, 4th Infantry Division, works part time at the Witmer TMC and also visits with Soldiers who work at a detainee facility on the Victory Base Complex. Leger said the training has already proved invaluable.

"I was late (to the class) today, because I was actually using the skills I got in a previous class with one of my patients."

"She was in the midst of a very serious emotional crisis and I used what I learned (in Stoic resilience sessions) to talk her out of it," he said.

Another benefit for first line leaders taking the training, said Hernandez, is that "it gives (them) better insight into younger Soldiers and how to deal with them. It really is not the same Army most senior leaders came into."

Stoic warrior resilience training is open "to all highly motivated Soldiers who are interested in being first-responder peer counselors". The team also conducts open-to-all warrior resilience training classes daily, to help Soldiers manage deployment pressures.

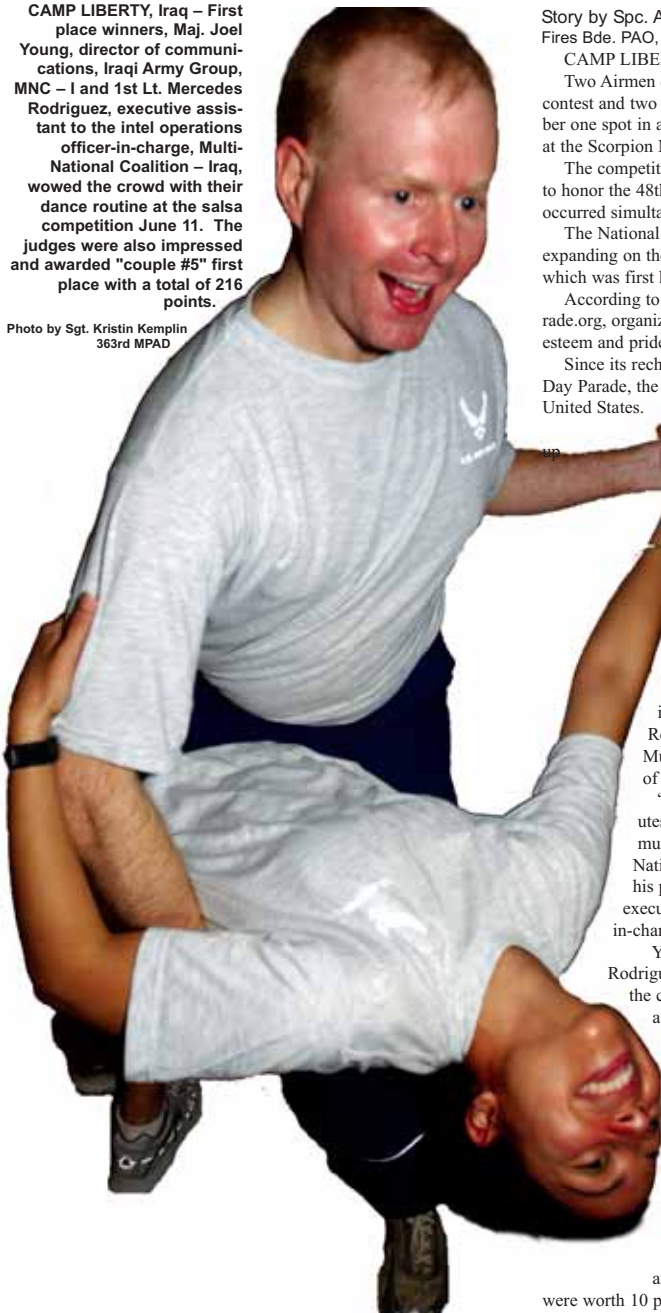
On request, Jarrett teaches his coping mechanisms as a combat stress model at the unit level.

For further information on the new Stoic resilience peer counseling class beginning the end of June, or Warrior resilience training contact Capt. Jarrett or Sgt. Hernandez directly at the Witmer TMC, DSN: 318-847-2007 or VOIP: 302-242-4637/38; or by e-mail at: Thomas.jarrett@us.army.mil or stoicwisdom@earthlink.net or jose.alfredo.hernandez@us.army.mil.

48th Annual Puerto Rican Day heats up night, contestants fill

CAMP LIBERTY, Iraq – First place winners, Maj. Joel Young, director of communications, Iraqi Army Group, MNC – I and 1st Lt. Mercedes Rodriguez, executive assistant to the intel operations officer-in-charge, Multi-National Coalition – Iraq, wowed the crowd with their dance routine at the salsa competition June 11. The judges were also impressed and awarded "couple #5" first place with a total of 216 points.

Photo by Sgt. Kristin Kemplin
363rd MPAD



Story by Spc. Allison Churchill
Fires Bde. PAO, 4th Inf. Div.

CAMP LIBERTY, Iraq –

Two Airmen danced their way to first place in a salsa contest and two Soldiers slammed their way to the number one spot in a dominoes competition held Sunday night at the Scorpion Morale, Welfare and Recreation center.

The competitions were the highlights of an event held to honor the 48th Annual Puerto Rican Day Parade and occurred simultaneously with the New York City event.

The National Puerto Rican Day Parade started in 1995, expanding on the New York Puerto Rican Day Parade, which was first held April 12, 1958.

According to the Web site nationalpuertoricandayparade.org, organizers hold the events to promote self-esteem and pride of Puerto Ricans in the United States.

Since its rechristening as the National Puerto Rican Day Parade, the event has spread to 48 other cities in the United States.

In the days leading to the June 11 parade in NYC, celebrants were treated to a dance and a dominoes tournament, as well as art and cultural events showcasing Puerto Rican talent.

At the dance contest in Baghdad, which was filmed for Telemundo, a Spanish-language television channel, pure enthusiasm led the Airmen to their victory.

"They looked like they were enjoying themselves," said Sgt. Maj. Luis Rosario-Febus, Special Troops Battalion, Multi-National Corps – Iraq, who was one of three judges for the dance contest.

"We only practiced together for 10 minutes," said Maj. Joel Young, director of communications, Iraqi Assistance Group, Multi-National Corps – Iraq, who performed with his partner, 1st Lt. Mercedes Rodriguez, executive assistant to the intelligence officer-in-charge, MNC-I.

Young, a Boston native, said he met Rodriguez, from Miami, Fla., just days prior to the competition. He started dancing in 2000 as part of the Brown University Ballroom Dance Team; she said she dances with her family. The team drew rave reviews from the judges and audience members for constantly "changing it up," said Rosario-Febus, an Aibonito, Puerto Rico, native.

The 10 couples in the competition, each featuring at least one beginner dancer, were scored on visual presentation, rhythm and timing, technique, choreography, couple interaction, creativity and audience response. The categories were worth 10 points each, for a total of 70 from each judge. For the first round of competition, the group of 10

couples was divided so only five would be on the floor at a time. Both groups danced to a three-minute, upbeat song chosen by the judges so the dancers could show off a variety of steps.

The competition went from 10 to five couples for the second round, again to a quick-paced three-minute song of the judges' choice. The field was narrowed to the final three couples for the last round.

Young and Rodriguez won with 216 points; Staff Sgt. Jesus Rodriguez, supply noncommissioned officer, Coalition supply section, MNC-I, and Staff Sgt. Brenda Martinez, paralegal specialist, staff judge advocate section, Headquarters, MNC-I, both of Monterrey, Mexico, came in second with 204 points; and third place went to Spc. Harry Ruiz, cable systems installer, Company A, Special Troops Battalion, 4th Infantry Division, and Sgt. Lorianne Pozas, operations noncommissioned officer-in-charge, Headquarters and Headquarters Company, STB, 4th Inf. Div. Ruiz, from Miami, and Pozas, a Tacoma, Wash., native, said they regularly danced in nightclubs around Fort Hood, Texas.

Even competitors who only danced in the first round said the celebration brought back childhood memories.

"When I was younger, we went to the parades in New York," said Sgt. Melisha McCane, logistics NCO, 589th Brigade Support Battalion, Fires Brigade, 4th Inf. Div.

McCane, a Columbia, Pa., native, of Puerto Rican descent, said she learned to dance as a little girl, often performing in shows and in quinceañeras – parties celebrating a girl's 15th birthday. Although McCane joined the dance competition at the last minute, she said she had a good time at the celebration.

After judging the dance competition, Rosario-Febus went on to win the dominoes competition with teammate Staff Sgt. Luis Garay, command driver, MNC-I.

"Even though Staff Sgt. Garay and I have been playing dominoes together for a short time, the object of the game is assisting your partner to win," said Rosario-Febus.

In dominoes, two teams of two compete to be the first to win 500 points. Each player is dealt seven dominoes, otherwise known as "bones." Players match ends of the bones until they run out, rotating counter-clockwise.

Party-goers who didn't compete were welcome to dance before, after and in between the rounds of the dance contest to the sounds of Staff Sgt. Francisco Perez-Vasquez, Task Force 30th Medical Brigade, Heidelberg, Germany. The Scorpion MWR also offered a variety of games and food during the event.



Parade salsa contest filmed for Telemundo



Photo by Sgt. Kristin Kemplin, 363rd MPAD



Photo by Sgt. Kristin Kemplin, 363rd MPAD



Photo by Sgt. Kristin Kemplin, 363rd MPAD

CLOCKWISE FROM TOP LEFT: CAMP LIBERTY, Iraq – Sgt. 1st Class Maria Torres, admin section primary noncommissioned officer, 393rd Combat Support Battalion of the Puerto Rican National Guard, served on a three-judge panel for the salsa contest June 11.

ABOVE: Sgt. Lorraine Pozas spins across the dance floor with dancing partner Spc. Alex Ruiz at Scorpion MWR June 11. Pozas, company operations noncommissioned officer-in-charge, Headquarters and Headquarters Company, and Ruiz, cable systems installer, Company A, both of Special Troops Battalion, 4th Infantry Division, participated in a salsa contest to celebrate Puerto Rican Day Parade.

LEFT: Staff Sgt. Brenda Martinez, paralegal specialist for the Staff Judge Advocate's office, Multi-National Corps – Iraq, and Staff Sgt. Jesus Rodriguez, supply noncommissioned officer for coalition-4, Multi-National Corps – Iraq, danced their way to second place at the salsa competition June 11. Both Soldiers are from Monterrey, Mexico.



President Bush visits troops at U.S. Embassy

Story by Tom Clarkson, Gulf Region Division
U.S. Army Corps of Engineers

BAGHDAD – The hot evening sun of Arabia had not yet set. It was the day before Flag Day, June 14, in the “Palace” – the site of the present U.S. Embassy located in the International Zone, ensconced in the heart of Baghdad.

At five feet, five inches tall, Sgt. Twyla Gange strained to see around the two rows of tall Soldiers and Civilians standing in front of her in the packed large rotunda.

From a slightly raised platform, Gange listened to President George Bush, her Commander-in-Chief, express his deep appreciation for the hard work and commitment to mission of all in who served in Iraq. To the crowd’s delight, applause and cheers, he assured them that the United States would not leave Iraq until the “job was done.”

He closed his comments with a commitment of support to the newly installed Iraqi leadership, assuring the group that now, it all “is coming together.”

Upon completion of his remarks, the 43rd President of the most powerful nation in the world along with United States Ambassador to Iraq Zalmay Khalilzad and the Commanding General of the Multi-National Forces – Iraq, General George Casey began to walk through the crowd toward the exit. As though he were merely on a leisurely stroll, the President regularly paused to talk with his fellow uniformed and multi-attired countrymen and women.

Though Gange said she felt “no more than a shrub

among the trees,” the President caught a glimpse of her through the crowd, pointed, and waved her toward him saying, “Come forward Soldier.” The surprised 35th Engineer Brigade Army National Guard Soldier from Joplin, Mo., complied.

In response to his open question of “How are you Sergeant,” she responded not with comments regarding herself personally, but instead took the opportunity to tell him about her responsibilities as the enlisted Aide to Maj. Gen. William McCoy, Commanding General of the U.S. Army Corps of Engineers, Gulf Region Division and the Project and Contracting Office.

To her amazement, while grinning at her organizational loyalty and enthusiasm, the President evidenced keen knowledge of those who are directing the Iraq Reconstruction effort by responding, “Oh yah, Bill is a fine man and doing a great job.”

The President then asked to see her Battle Dress Uniform billed hat. Astonished, she complied and shortly thereafter it was handed back to her – bearing the signature of the President of the United States under the brim.

The U.S. Chief Executive then directed a nearby lieutenant colonel to use Gange’s camera to take their photograph together.

As he put his arm around the Soldier she conveyed to him the pleasure she is taking in extending her initial one year tour of duty to enable her to continue to serve with McCoy.



Photo courtesy of U.S. Army Corps of Engineers
BAGHDAD – Sgt. Twyla Gange, aide to Maj. Gen. William McCoy, commanding general of the U.S. Army Corps of Engineers, Gulf Region Division, met with President George Bush when he visited Soldiers at the U.S. Embassy in Baghdad June 13.

His response? Looking her directly in the eyes, with a quiet, gentle smile, he said, simply, “Good for you, sergeant.”

Taji military band plays melodic gratitude for American donation

Story and photo by Norris Jones
Gulf Region Central District
U.S. Army Corps of Engineers

BAGHDAD, Iraq – Taji’s military band is making music again after more than two years of silence. In June, a shipment of 10 instruments arrived including three clarinets, three trumpets, a French horn, two trombones and a flute.

They were shipped to Iraq after California Lutheran University music professor, Dan Geeting, publicized the Iraqi army band’s need for instruments and got his whole community involved in the project to collect and ship instruments.

Chief Kevin Kumpf, formerly the non-commissioned officer-in-charge of the U.S. Army Corps of Engineers Gulf Region Central District’s Taji office, had originally e-mailed the president of the National Association of College Band Directors some months ago about the plight of the Taji band. “Within a few days I started hearing from bands throughout the country interested in finding out what they could do to help,” said Kumpf who returned to the U.S. in late May.

“It’s awesome what Mr. Geeting and residents in his community were able to do,” said Kumpf, who is a Boatswain’s Mate Surface Warfare Specialist from Naval Training Center Great Lakes, Ill.

In addition to the donated instruments, residents of Geeting’s community raised \$300 to pay for the mailing costs. Many of the instruments also carried a note from the donor.

A girl named Megan wrote, “Continue to play and make music because without



BAGHDAD – Navy Lieutenant Joel McMillan (rear left), Officer in Charge of the U.S. Army Corps of Engineers Gulf Region Central District’s Taji office, joined two musicians from the Taji Military Band for a trumpet trio signaling the arrival of band instruments that were donated by Americans. Others above include Taji’s senior U.S. military advisor Col. Paul Linkenhoker, GRC project engineer Ghassem Khosrownia, Taji GRC Resident Engineer Fred Nightengale, and Navy Lieutenant Glen Messer. The faces of the Iraqi band members have been blurred in the photo to protect their identity and help ensure their safety.

it, there is no color in the world.”
LouAnne Phillips of Thousand Oaks, Calif., told the IA bandmen that she was “sending best wishes for your new band. I am happy to be involved in this small way because music has been important in my life ... the more music we have in our lives, the more we enjoy our lives. I think musicians are a special group — so keep

up your good work. My regards to Chief Kumpf and all you men.”

Upon accepting the band instruments on June 3, members of the Iraqi band said they were overwhelmed by the generosity of Americans and thanked everyone involved for their support. Within just a few minutes of assembling the instruments, the Taji Military Band began play-

ing music with the confidence of a band that had been practicing for weeks. Many of the band’s musicians have more than two decades of experience and know the songs well. Most are capable of playing several instruments.

“We can finally do what we love — it’s a great day here,” one of the band members exclaimed.

ARMY NEWS FROM AROUND THE WORLD

Army adopts blue service uniform

Army News Service
WASHINGTON –

Arrmy service uniforms will be streamlined to one blue Army Service Uniform, the Army announced June 6.

"World-class Soldiers deserve a simplified, quality uniform. The blue Army service uniform is a traditional uniform that is consistent with the Army's most honored traditions," said Sgt. Maj. of the Army Kenneth O. Preston.

"We have all of these variations of uniforms – green, blue and white," said Army Chief of Staff Gen. Peter J. Schoomaker. "It makes sense for us to go to one traditional uniform that is really sharp and high quality and which Soldiers will be very proud to wear. And that's what we've done by adopting this blue Army Service Uniform that reflects simplicity, quality, utility and tradition."

Many Soldiers already own an Army Blue Uniform (which will now be called the Army Service Uniform) and may continue to wear it. Improvements will be

made to the fabric and fit. Reduction of the number of uniforms will reduce the burden on Soldiers for purchases and alteration cost.

Introduction in the Army Military Clothing Sales Stores should begin in fourth quarter of fiscal 2007. Introduction in the clothing bag should begin first quarter 2009.

The mandatory possession date is expected to be fourth quarter fiscal 2011.

A wear-out date for the Army Green Class A and White Dress uniforms will be determined at a later date.

The consolidation of Army service uniforms is part of a streamlining process. In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army Combat Uniform in place of the Woodland Green Battle Dress Uniform (winter and summer versions) and the Desert Combat Uniform.

That uniform consolidation has been a resounding success in terms of soldier acceptance and reducing the variety of combat uniforms with which they must

deal.

Army Blue as a uniform color traces its origins back to the National Blue and was first worn by Soldiers in the Continental Army of 1779.

Besides tradition, the Army Service Uniform reflects utility, simplicity and quality.

In utility, the blue Army Service Uniform provides a basic set of components that allow Soldiers to dress from the lowest end to the highest end of service uniforms with little variation required.

In simplicity, the blue Army Service Uniform eliminates the need for numerous sets of green Class A uniforms, service blue uniforms and, for some, Army white mess uniforms (and tunics, for women). Streamlining various service uniforms into one Army Service Uniform reduces the burden on Soldiers in the same manner that the Army Combat Uniform did for the field utility uniform. In quality, the blue Army Service Uniform is made of a durable material that is suitable for daily use without special care.



Photo courtesy of www.army.mil/symbols/uniforms

House passes \$20 billion wartime spending bill

Story by Andrew Taylor
Associated Press

WASHINGTON – The House passed a \$94.5 billion bill June 13 to pay for continuing U.S. military operations in Iraq and Afghanistan, hurricane relief, bird flu preparations and border security at home.

The House-Senate compromise bill contains \$66 billion for the two wars, bringing the cost of the three-year-old war in Iraq to about \$320 billion. Operations in Afghanistan have now tallied about \$89 billion, according to the Congressional Research Service.

The bill, which passed by a 351-67 vote, had only minimal debate June 12.

It contains almost \$20 billion in funds to further deal with the remaining hurricane devastation along the Gulf Coast. Much of the money would go to Louisiana for housing aid, flood control projects and a new veterans' hospital in New Orleans. It also provides funding for small-business disaster loans, rebuilding federal facilities and replenishing Federal Emergency Management Agency disaster-relief coffers.

The Senate is to clear the measure for President Bush's signature later this week. The big margin in the House reflected

lawmakers' support for U.S. troops overseas despite whatever reservations they may have about the war.

The measure's long legislative odyssey began in February as a \$92.2 billion request by President Bush. He subsequently added another \$2.2 billion in Louisiana levee projects and \$1.9 billion for a border security initiative featuring the deployment of 6,000 National Guard troops to the U.S.-Mexico border.

The House largely stuck to Bush's demands when passing its version back in March. But the Senate, led by Appropriations Committee Chairman Thad Cochran, R-Miss., responded with a \$109 billion measure that drew a veto threat from Bush for add-ons such as \$4 billion in farm disaster aid, \$648 million for port security and \$1.1 billion in aid to the Gulf Coast seafood industry.

But House negotiators killed a controversial Senate project to pay CSX Transportation \$700 million for a recently rebuilt freight rail line along the Mississippi coast so the state could use its path for a new East-West highway.

The project had earned scornful media coverage and protests from the White House and conservative activists.

MND-B Soldiers celebrate Army Birthday June 14



Photo by 1st Sgt. Robert Heberling, 363rd MPAD

CAMP LIBERTY, Iraq – Command Sgt. Maj. Ronald Riling (left), Pfc. Matthew Elza, 19, representing the youngest Soldiers in the division, and Maj. Gen. J. D. Thurman, commanding general, Multi-National Division – Baghdad and 4th Infantry Division, celebrate the Army's 231st birthday by cutting a cake at the division headquarters here June 14. Thurman asked everyone to reflect on the great history of the Army and to remember the 107 fallen Soldiers of the division and the many wounded who have paid a high price for freedom.

"We are the greatest Army in the world; it's not only the training and the best equipment, it's the people in our Army. It's the high level of dedication, the sense of purpose and their loyalty that make them the best," said Thurman.

GUIDANCE

MND-B medical 'Tiger Team' trains Iraqi army food service personnel

Story and photo by
Lt. Col. Mitch Meyers,
preventive medicine officer,
4th Inf. Div.

CAMP LIBERTY, Iraq – Military and police transition teams are specially trained U.S. servicemembers embedded with the Iraqi army and function as liaisons who advise, train, and assist the Iraqi Security Forces in taking responsibility for Iraq's security.

Many U.S. transition teams live and train away from the comforts of Coalition Forces dining facilities. For practical purposes, and to increase bonding and morale with Iraqi army counterparts, they often eat at Iraqi army DFACs.

Although Iraqi army meals are typically both nutritious and delicious, their food service sanitation and hygiene practices may not be up to American standards. This places both the IA and CF at increased risk for food and water-borne illnesses.

To help minimize these risks, Multi-National Division – Baghdad's preventive medicine section fielded a mobile 'Tiger Team' to train ISF DFAC personnel on food service sanitation and hygiene methods and standards.

According to Tiger Team member Maj. Paul Argo, environmental science officer, MND-B, a primary goal is to "make this course a force multiplier to reduce (disease and non-battle injuries)."

"Think of the old saying: If

you give a man a fish you help feed him for a day, but if you teach him how to fish, you help feed him for life," continued Argo.

"By training and encouraging Iraqis to bring up their food service standards and getting them to teach each other, we hope to promote changes that will lower food poisoning and other DNBI for years to come."

The Tiger Team developed an eight-hour course to train IA DFAC personnel. The course includes three hours of classroom work on personal hygiene, food service sanitation and food inspection criteria. The remaining five hours are devoted to hands-on classes covering most aspects of food storage and preparation, checklists and informal walk-through inspections.

The first phase of the course is designed to train the trainers. Class size is typically limited to only 15 qualified students including Iraqi civilian DFAC contractors, DFAC managers, transition team members and Iraqi logistic specialists that work with food purchases and contractors.

"Hands-on demonstrations are effective and don't require the use of interpreters," said Argo, who frequently rolls up his sleeves and gives a practical demonstration on the correct way to scour utensils, clean fruit, or peel potatoes.

"The course includes walk-thru inspections and discussion of ways to correct deficiencies



BAGHDAD – At an Iraqi army dining facility, Maj. Paul Argo (far left) and Sgt. Maj. Terence Smith, both with Multi-National Division – Baghdad's preventive medicine section, conduct an informal walk-through inspection with Iraqi army DFAC managers in May. 'Tiger Team' trains Iraqi Security Forces DFAC personnel on food service sanitation and hygiene methods and standards.

that are identified," said Argo.

After completing the eight-hour course, graduates are expected to use their new skills at IA DFACs and teach their new knowledge in follow-up courses as the primary instructors. The second phase of the course takes place approximately 90-120 days later and entails courtesy re-inspections of the DFACs to ensure deficiencies have been corrected and assist Iraqi instructors in teaching their own courses.

"During the classes, we've

had several IA soldiers actually come out and say that many had gotten sick from food at their DFAC," said team member Sgt. Maj. Terence Smith, chief of food operations for 4th Infantry Division and lead contract officer representative for MND-B. For this reason among others, Smith said, "the attendees are attentive and receptive. You could tell that most students realized the sanitation and food handling shortcomings they had."

A few unannounced follow-up inspections have already been

completed in the Baghdad area of operations. According to Smith, it is already giving his team "a real feeling of accomplishment" to see that much of what they have taught is already being put into practice.

The MND-B Tiger Team has trained over 200 students at seven DFACs from the 6th, 8th, and 9th Iraqi Army Divisions, and plans to conduct mobile training at eight more DFACs before starting the second phase to reinforce what their students just learned.

Division MWR Calendar	
June	
WED	28 Karaoke Night @ 8 p.m.
THUR	29 Salsa Night @ 8 p.m.
FRI	30 Reggae @ 8 p.m.
SAT	1 4th Infantry Division Fourth of July Show @ 9 p.m. Division MWR

July Division MWR Calendar						
SUN	MON	TUES	WED	THUR	FRI	SAT
2 5K Fun Walk check in @ 5:15 a.m. Closest to the Pin @ 7 a.m. to 9 a.m.	3 Texas Hold'em @ 8 p.m.	4 8 Ball/Spades/ Dominoes Tourney @ 8 p.m. Independence Day	5 Karaoke Night @ 8 p.m.	6 Salsa Night @ 8 p.m. Soccer Team Captain's Mtg. @ 6 p.m.	7 R&B Night @ 8 p.m.	8 Soccer Tourney (TBA)
9 Closest to the Pin @ 7 a.m. to 9 a.m.	10 Chess @ 8 p.m. Texas Hold'em @ 8 p.m.	11 Volleyball Tourney @ 7 p.m.	12 Karaoke Night @ 8 p.m.	13 Basketball Captain's Mtg. @ 6 p.m. Salsa Night @ 8 p.m.	14 R&B Night @ 8 p.m.	15 5 on 5 Basketball Tourney (TBA)
16 Closest to the Pin @ 7 a.m. to 9 a.m.	17 Texas Hold'em @ 8 p.m.	18 Ping Pong Tourney @ 8 p.m.	19 Karaoke Night @ 8 p.m.			

Reenlistment day injuries don't deter Soldier's commitment

Story by 1st Squadron,
10th Cavalry Regiment,
2nd BCT, 4th Inf. Div.

FOB FALCON, Iraq – Multi-National Division-Baghdad Soldier embodied the true meaning of the warrior spirit and noncommissioned officer leadership June 6 after sustaining injuries during combat operations in Hawh Rajab, a town in South Baghdad.

Staff Sgt. Michell Caldwell, scout, Troop A, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, with the help of Soldiers from his Troop, re-enlisted hours after a gun battle and moments before being airlifted to Germany for treatment of his wounds.

Caldwell was on patrol with his platoon when they surprised a group of terrorists preparing to attack a nearby check point. The Soldiers came under intense automatic weapons fire from both sides of the road at ranges as close as five meters.

As the senior scout, Caldwell proceeded in re-directing his



BAGHDAD – Soldiers from Troop A, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division, surround Staff Sgt. Michell Caldwell, scout, Troop A, 1-10 Cav, following his re-enlistment June 6. Moments after he took the oath, he was evacuated to Germany to treat wounds to both forearms sustained on a combat patrol earlier in the day.

Soldiers to engaging the source of the fire.

During the battle, Caldwell

was shot through both forearms. He continued to fight through the ambush as the platoon main-

tained suppressing fire, destroying many of the enemy forces, and allowing Caldwell to be

evacuated to FOB Falcon.

Later in the day, after he was transported by air to the 10th Combat Support Hospital in Baghdad, Lt. Col. James Love, commander, 1-10 Cav, Capt. Jon Bodenhamer, commander, Troop A, and members of his platoon visited Caldwell following surgery. Though groggy from the anesthesia, like all good scouts, he remained alert.

After relating the experience to Love, Caldwell simply said, "Sir, I was supposed to re-enlist today. I want to re-enlist before I leave."

The day before the patrol, Caldwell coordinated with the squadron re-enlistment NCO to sign up for another 6 years of service.

Soldiers from the 10th CSH jumped at the chance to help out a soldier in need. Noting that this was his first re-enlistment in the intensive care ward, Sgt. 1st Class Jason Koutsalas, career counselor, 10th CSH, sprang into action and prepared the re-enlistment.

Later that evening, as doctors
SEE REENLIST, PG. 20

Freedom Rest offers MND-B Soldiers 4-day retreat

Story and photo by Sgt. Kristin Kemplin
363rd MPAD

BAGHDAD – Sequestered in the Green Zone, Multi-National Baghdad's 'Freedom Rest' is its own world. Open for just under three years, the rest and relaxation spot is still a mystery to many 4th Infantry Division Soldiers. The mini-resort, originally opened in 2003 by 1st Armored Division, has a lot to offer in its small but beautiful venue.

The purpose of a place like Freedom Rest is to give Soldiers "a place to relax and get away from the fight," said Sgt. 1st Class Primitivo Talaoc, senior liaison officer for Freedom Rest, Multi-National Division – Baghdad.

Soldiers are free to involve themselves in all the events coordinated by the MWR staff, or to do nothing at all but stay in their rooms and sleep, said Talaoc.

Another way the staff help Soldiers enjoy their four-day pass to Freedom Rest is by encouraging interaction between Soldiers and the staff.

Talaoc in particular, is credited with creating an "energetic atmosphere" that gets Soldiers involved in activities at Freedom Rest, said Stephen "Steve" Stelzer, Morale, Welfare and Recreation supervisor for Freedom Rest, Kellogg, Brown and Root, who holds a bachelor's degree in hospitality management.

When Talaoc took over as the liaison officer in January, "He said 'I want you



BAGHDAD – Soldiers compete to win a Halo tourney while on pass at Freedom Rest May 15. The Freedom Rest staff coordinate many events to help Soldiers relax and enjoy their four days at the mini-resort.

guys to go out and play games with them. I want you out there with a bullhorn motivating Soldiers to participate," recalled Stelzer.

"It's better if Soldiers see the staff getting involved," said Staff Sgt. Ronald Carpenter, liaison officer for Freedom Rest, Multi-National Division – Baghdad.

"They'll know that we care."

To make this happen, the staff employ tactics characteristic of a student's "first
SEE FREEDOM REST, PG. 21

GUIDANCE

LISTEN UP! – Protect your hearing

"Blindness cuts you off from things; deafness cuts you off from people." Helen Keller

Your ears could already be casualties of war and you may not even know it yet. That is because hearing loss is usually painless and worsens gradually over time, so that we may not be aware of it until we are already partially deaf.

Right now, we are in the midst of an epidemic of hearing loss in veterans who have served in Operation Iraqi Freedom. Post deployment noise-induced hearing loss appears to be a problem in at least one-fourth of Soldiers returning from a tour of duty in Iraq – a rate about 52 times higher than in Soldiers who do not deploy.

Hearing loss has always been an occupational risk for Soldiers, even during peacetime. However, in a war zone the risk goes up considerably due to the ubiquitous presence of loud noises. Currently, hearing problems are the third most common cause of disability seen by the Veterans Administration.

Prevention:

The four "P's" of NIHL are that in most cases it is: Painless, Progressive, Permanent and PREVENTABLE!!!

The old adage that prevention is better than treatment is especially true with hearing loss, since in most cases there is no treatment. Hearing aids and cochlear implants can help, but will never replace the quality and convenience of preserved natural hearing.

The best way to prevent hearing damage is to avoid hazardous noises in the first place. The second best way is to minimize the time and intensity of exposure to hazardous noises. These are the goals of your unit Hearing



By Lt. Col. Mitch Meyers, Preventive medicine officer, 4th Inf. Div.

Conservation Officer, who will help the unit comply with its Hearing Conservation Standard Operating Procedures.

Techniques the HCO may use include:

Engineering controls to reduce loud sounds made by equipment or positioning it in a place or manner that lowers the noise to a non-hazardous level

Administrative controls that reduce Soldiers' exposure times or require personnel to use hearing protection devices;

Issuance of hearing-protection equipment, or assuring that it is available for use, at all noisy work areas;

Assuring that Soldiers at high risk for hearing damage get tested annually;

Conducting routine and refresher hearing conservation training to ensure that unit personnel are informed and reminded of how to mitigate hazardous noise risk factors; and

Most importantly, teaching Soldiers the "3-Foot Rule" – if you have to shout to be heard by someone less than three feet away, you need hearing protection!

Personal Protective Equipment:

Loud noise exposures are not always predictable or avoidable, especially in a combat zone. Therefore, it is important to always carry some type of hearing PPE with you. The main types of hearing PPE are helmets, ear canal caps, noise muffs and earplugs.

Helmets are best suited for aviators and tankers, but may be useful for gunners and drivers in other military vehicles, including motorcycle scouts. They usually include some sort of integrated communications device and possibly noise-canceling headphones.

Ear canal caps are a combination of earplugs and noise muffs. Unlike noise muffs, the temples of eye glasses do not interfere with proper fit. Ear canal caps can be put on quickly and are good for short intermittent exposures. However, they are only effective for noise levels up to 95 decibels (firing an M16 generates 160dB of impact noise).

Earplugs come in several forms including single and

triple flange, and the disposable soft foam or hand-formed earplugs. If properly fitted and worn correctly, they can reduce noises by 20 to 30 dB. "Doubling up" earplugs with earmuffs or a helmet provides much more protection and should be attempted when personnel are exposed to steady state noises greater than 120 dB (shooting ranges, helipads, etc.).

The most useful earplugs for Soldiers are the Combat Arms Earplugs which allow sounds at normal conversational levels to pass through a hole in the plug, but which progressively close up with higher noise levels up to 190 dB. To keep earwax from clogging this hole, Soldiers need to occasionally inspect and wash them with mild soap and water.

No matter which type of earplugs you use, the important thing is to wear them properly. A common mistake is not inserting the earplugs far enough into the ear canal to form a good seal. Color-coded earplugs make it easy for Soldiers and supervisors to visually verify correct placement of the earplugs. If not properly inserted, earplugs are essentially useless.

Parting Thoughts on Hearing Protection:

It seems like just about every day in Iraq someone gets an eardrum blown out from the blast over-pressure of an explosion. However, I have yet to see or hear of even one Soldier getting a ruptured eardrum, or even incurring serious hearing loss, while properly wearing the Combat Arms Earplugs.

Front-line supervisors must ensure that their Soldiers both carry and properly wear their CAE when exposed to loud noises and when going outside the wire. This simple action can help Soldiers from going home with permanent hearing loss, disability and possibly having to reclassify into another military occupational specialty.

For more information on hearing protection, contact your unit Hearing Conservation Officer or visit the USACHPPM website at: <http://chppm-www.apgea.army.mil/hcp/>.

AUDIOMETRIC DATA RE: ANSI S3.6 - 1989		LEFT						RIGHT					
		500	1000	2000	3000	4000	6000	500	1000	2000	3000	4000	6000
b. CURRENT AUDIOGRAM DATE (YYYYMMDD) 20060612		20	15	10	15	25	75	10	15	10	40	75	90
c. REFERENCE AUDIOGRAM DATE (YYYYMMDD) 20050917		15	10	0	5	0	30	15	5	0	10	10	20
d. SIGNIFICANT THRESHOLD SHIFT 2 (STS) 1-NO 2-YES	e. THRESHOLD SHIFT	5	10	10	25			10	10	30	65		
f. REMARKS (Include exposure data) Ruptured right eardrum 01 APR 2006 due to VBIED explosion. SM was not wearing his Combat Arms Earplugs at the time. Still complains of ringing in his right ear, and of having difficulty hearing conversations when background noises are present.													

"Audiogram showing a marked high frequency hearing loss in the right ear. Starting this month, medics will be able to go online and enter your hearing test results into MEDPROS."

Airborne division's 4th Brigade Combat Team retention office first to meet division goal

Pfc. Paul David Ondik
4th BCT, 101st Abn. Div.

FOB LOYALTY, Iraq – The 4th Brigade Combat Team, 101st Airborne Division Retention Office was the first brigade combat team in the division to complete its retention mission. The 4th BCT, which is a new unit on a combat deployment, reached its goal in six months and four days.

The brigade has an average of 103 percent

retention, with more than \$6.4 million paid in bonus money.

The mission was to reach 100 percent in all categories, including initial enlistment, mid-career, career, fiscal-year 2006 expiration term of service, fiscal year 2007 ETS and the reserve component.

These averages are the result of a multi-tiered reenlistment mission, beginning December 7, tracking reenlistments through June 10.

Engineers complete sewer pump project

MANSOUR, Iraq – The U.S. Army Corps of Engineers reports that rehabilitation is complete on a sewer pump station project that will service more than 15,000 Iraqi families in Mansour, Baghdad Province. The \$184,000 Commander's Emergency Response Program-funded Al-Adl Sewer Lift Station includes installation of three submersible pumps with associated control panels; installation of a 50 kVA generator with automatic transfer switch and construction of a new building with a kitchen and restroom. This completed project provides dependable and effective removal of sewage, with a state-of-the-art operational pump station. In the Baghdad Governorate, there are 46 USACE public works and water projects programmed, with 15 currently ongoing and 10 complete.

(Courtesy of U.S. Army Corps of Engineers)

Culture Experts

The Hashish-Takers: Sex, drugs, political assassination

With all the attention that terrorist groups have been receiving lately, especially in the wake of the death of Abu-Musab al-Zarqawi, the last thing you want to read here is a re-hash of all of that old news, right? Instead, I am going to re-hash much older news. Today I am going to tell you the story of a much older Middle Eastern terrorist group – the Hashashin.

The word Hashashin means “the hashish users.” The Hashashin group was active in a large area from Egypt to western Iran in the period from the 8th to the 14th centuries, and it was known for its audacious and well-performed political assassinations. In fact, the word assassin is the anglicized version of the word Hashashin.

Venetian merchant and adventurer Marco Polo visited the site of the Hashashin stronghold in Iran shortly after its destruction by the Mongol Horde. According to Marco Polo, Hashashin recruits were subjected to an elaborate initiation process in which the rookies were plied with so much hashish (perhaps laced with other soporifics) that



By Jake Lester,
Senior cultural
and political
advisor

they lost consciousness. The recruits would awaken to find themselves in secret pleasure gardens where they would be surrounded by uninhibited and scantily-clad women who would cater to their every whim, and (of course) more hashish. Upon awakening the second time in a more earthly setting, the recruits were told that they had visited Paradise, and that they would return to it if they were killed in action, or if they performed a particularly daring operation.

Even before Marco Polo, the Western Crusaders had encountered the Syrian branch of the Hashashin. At one time the Syrian Hashashin had a loose alliance with the Crusaders against Saladin, whom they attempted more than once to murder. Later, especially after the fall of Jerusalem to Saladin in 1187, they participated in the Muslim struggle against the Crusaders. From this point on, the Crusaders – already severely demoralized by the loss of Jerusalem – became more fearful of the Hashashin, to whom they ascribed devilish cunning, a mastery of disguise and knowledge of various European languages.

Count Henry of Champagne visited the Hashashin in 1194 and is reported to have witnessed a remarkable display of loyalty demonstrated by the followers of the leader of the Hashashin, known to the West as the “Old Man of the Mountain.” While walking together in the

castle one day, Henry and the Old Man began to talk about obedience. “I will show you what obedience means,” the chief said; he gave a sign, and immediately two youths leapt from the top of a nearby tower to their bloody deaths.

Although most stories about the group cannot be confirmed, it is believed that some of the Hashashin’s most notable victims included Nizam al-Mulk (1092), the Fatimid vizier al-Afdal (1122), Conrad of Montferrat (1192), the Patriarch of Jerusalem (1214), Genghis Khan’s second son Jagatai (1242), and Raymond II of Tripoli. It is believed that Saladin, incensed by several nearly successful attempts on his life, besieged their chief Syrian stronghold of Masyaf in 1176 but quickly lifted the siege after parley, and thereafter attempted to maintain good relations with the sect. The sect’s own remaining accounts contain an account that the Old Man himself sneaked into Saladin’s tent in the heart of his camp and left a poisoned cake and a note saying “you are in our power,” on Saladin’s chest as he slept.

Despite many similarities to current-day terrorist organizations, there is one important difference that must be noted. Although the Hashashin did indeed carry out political murders with as much publicity as possible, and therefore were terrorists, they did not kill innocent bystanders.

The right to vote – use it!

Story by Capt. Becky Siu,
G1 plans officer

As we draw nearer to the 4th of July, Independence Day in the U.S., everyone should remember that one of our basic rights as Americans – and one of the key rights that we as Soldiers fight for – is the right to vote.

This right is one of the cornerstones of our country. It is the basis of our democracy, set up at the birth of our nation and was meticulously written into the Constitution of the United States.

Throughout the years, social changes in the United States forced three additional voting-related amendments to our Constitution. These amendments ensured everyone had a voice. The 15th Amendment guaranteed that men of all races be allowed to vote; the 19th Amendment broke down the gender barrier and allowed women to vote; and the 26th Amendment dropped the voting age to 18. This last was largely in response to public criticism that if a person was old enough to die for their country, he or she should be old enough to have a voice in its policy-making.

And yet, so many Americans do not vote. In 2004, according to the Federal Election Commission, 80 percent of eligible citizens registered to vote, but out of those, only 70 percent actually voted.

Being in the military is **not** an “excuse” for not voting. The Federal Voting Assistance

Program ensures that service members, deployed or not, have a way to voice their political opinion.

The U. S. Department of Defense ensures all service members can register and vote via absentee ballot. DOD offers a Federal Post Card Application form, accepted in most states. The postage is pre-paid so there is no processing cost to the service member. This form is dual purpose as it provides both registration and also requests an absentee ballot.

Recently, the FVAP began offering an on-line version of the FPCA. It’s in an Adobe Acrobat document form and can be downloaded at <http://www.fvap.gov-pubs/onlinefpca.html>.

In addition, the FVAP offers a website, www.fvap.gov, that contains information on how to register to vote as well as specific voting information for each state. It also provides links directly to each state’s voting office so that service members can read about the issues in their state that may be coming up on the next election date.

Lastly, each unit has an assigned voting assistance officer. If you have any trouble registering, or have questions, contact your chain of command to see who your VAO is and talk to them.

Register to vote. It is still the only way for your voice to be truly heard.



Race date: Sunday, July 2, 2006
Start/Finish: Camp Victory Area 51 MWR
Show time: 4:30 a.m. - 5 a.m.
Race start time: 5:30 a.m.
Race: 10 km (6.2 mi)

Register NOW on line at
www.peachtreebaghdad.com
More race details available on the website.

Featuring:
DJK of BolderBoulderBaghdad on the wheels of steel
Race T-shirt if you finish.

GUIDANCE

RELIGIOUS SERVICES, AA MEETINGS,
AND MANDATORY R&R BRIEFINGS

VICTORY CHAPEL SERVICES, BLDG 31

Sunday

7 a.m. and 8:45 a.m.
Traditional Protestant Worship
10:30 a.m. Roman Catholic Mass
noon Gospel Protestant Service
2 p.m. Mormon Worship
4 p.m. Episcopal/Lutheran Worship
6 p.m. Contemporary Protestant Service

Monday

10 a.m. SGM's Meeting
1:30 p.m. Protestant Gospel Prayer Meeting
3 p.m. R&R -- Reunion and Suicide Intervention Briefs
7 p.m. Gospel Protestant Bible Study

Tuesday

7 p.m. Gospel Choir Rehearsal

Wednesday

9:30 a.m. R&R -- Reunion and Suicide Intervention Briefs
7 p.m. Korean Bible Study
8:30 p.m. Protestant Music Rehearsal

Thursday

6 p.m. Roman Catholic Music Rehearsal
6:45 p.m. Men's 'Purity' Bible Study

Friday

1 p.m. Jumu'ah (Islamic Prayer)
5 p.m. Prayer Gathering Service
6:30 p.m. Contemporary Worship Music Rehearsal
8:30 p.m. Protestant Music Rehearsal

Saturday

9 a.m. Seventh-Day Adventist Music Practice
11 a.m. Seventh Day Adventist
3 p.m. R&R -- Reunion and Suicide Intervention Briefs
4 p.m. Gospel Choir Rehearsal
7 p.m. Roman Catholic Music Rehearsal
8 p.m. Roman Catholic Mass

ENGINEER CHAPEL

Sunday

8 a.m. Roman Catholic Mass
10 a.m. Traditional Protestant
11:30 a.m. Lutheran Worship
1 p.m. Latter Day Saints
7 p.m. Traditional Protestant

Tuesday

7 p.m. Bible Study

Wednesday

7 p.m. LDS Bible Study

Thursday

7 p.m. Bible Study

Friday

9 p.m. Prayer & Praise

Saturday

10 a.m. Reunion & Suicide Brief

WARRIOR CHAPEL

Sunday

9:15 a.m. Roman Catholic Mass
10:30 a.m. Contemporary Protestant
12:30 p.m. Gospel Protestant
5 p.m. Latter Day Saints
7 p.m. Non Denominational Christian

Wednesday

7 p.m. Gospel Prayer

Thursday

7 p.m. General Protestant

Friday

6:30 p.m. Wicca Circle Meeting

DIVISION CHAPEL

Sunday

9 a.m. Contemp. Protestant Worship
10:30 a.m. Roman Catholic Mass
1 p.m. Episcopal Worship Service
3 p.m. Gospel Worship
8 p.m. Collective Protestant Worship

Monday

6 p.m. EML Chaplain's Briefing
7 p.m. Bible Study

Tuesday

7 p.m. Bible Study

Wednesday

6 p.m. EML Chaplain's Brief
7 p.m. Bible Study
8 p.m. Alcoholics Anonymous

Thursday

6:30 p.m. Bible Study (Women)
7:30 p.m. Gospel Choir Rehearsal

Friday

12 p.m. Islamic Prayer
6 p.m. EML Chaplain's Briefing
7 p.m. Bible Study

Saturday

7 p.m. Bible Study (Men)
8 p.m. Contemporary Protestant Praise Band Rehearsal

CAMP VICTORY CHAPEL, BLDG 2

Sunday

9 a.m. Orthodox Liturgy

Monday

4 p.m. Roman Catholic Mass
7 p.m. Alcoholics Anonymous

Tuesday

4 p.m. Roman Catholic Mass

Wednesday

4 p.m. Roman Catholic Mass
7 p.m. Men's Gospel Fellowship

Thursday

4 p.m. Roman Catholic Mass
7 p.m. Spanish Bible Study

Friday

4 p.m. Roman Catholic Mass
6:30 p.m. Shabbat Service

Saturday

8 p.m. Women's Gospel Bible Study
5 p.m. Orthodox Vespers
11 a.m. Seventh Day Adventist

CAMP STRIKER CHAPEL

Sunday

9 a.m. Catholic Mass
10 a.m. Contemporary Protestant
10:30 a.m. Protestant (Pad 6, Tent 410)

11:15 a.m. Traditional Protestant

4:30 p.m. Protestant

6 p.m. LDS

7 p.m. Praise Service (Gospel)

7:30 p.m. Praise and Testimony (Pad 6, Tent 410)

Monday

9 a.m. Catholic Mass

Wednesday

9 a.m. Catholic Mass

6 p.m. LDS Bible Study

7 p.m. Prayer/Bible Study

7:30 p.m. Prayer/Bible Study (Pad 6, Tent 410)

Thursday

5 p.m. Purpose Driven Life

7 p.m. Praise Choir Practice

Friday

9 a.m. Catholic Mass

11:15 a.m. Catholic Mass (TOC Conference room)

Saturday

6:45 p.m. Catholic Mass (Pad 6, Tent 410)

Daily 6:30 a.m. TOC Prayer Service (TOC Conference room)

Chaplain's Corner
Halfway is only that

In the words of the world class chef and television personality, Chef Emeril Lagasse, "Let's kick it up a notch!" By the time this edition of "The Ivy Leaf" reaches you, most, if not all, Soldiers will have received a briefing about Army Core Values. No, you are right, this briefing does not represent a change in those values and it is not new information. Rather, it serves as a reminder to all of us that we are bound by a higher standard.

The 4th Infantry Division has hit the mid-tour mark. You as Soldiers have done this under some rather difficult times, created by a variety of factors. Halfway is only that – half the way. What will the next six months bring? What challenges will you face? How many more briefings will you sit through? What will the next set of tasks look like? I am sorry that I can not answer those questions for you, but I can tell you that there will certainly be more of all of the above!

The half-way point is not the time for us as Soldiers to let our guard down or to start thinking that now we "understand how things work," so we can relax and enjoy the rest of the tour. If you think this way, you certainly would not be alone – nor would you be considered abnormal in any way. Feelings like these, of complacency, are one of the human factors that often kick in when we humans reach the mid-point of a task. However, complacency costs lives. So, as I stated at the beginning – "Let's kick it up a notch!"

This is not the time for any of us to compromise. This is a great time for all Soldiers across the theater of operations to be reminded that Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage need to be ever before us – a foundation upon which all of our

decision are to be made, as Soldiers and as human beings.

The world is watching us. Our country is watching us. Our God is watching us. It is incumbent upon each and every one of us to do our best everyday.

I truly believe that the majority of Soldiers, Sailors, Airmen and Marines – Active Duty, National Guard or Reserve – strive to meet that mark everyday. As Soldiers, you have made progress in many areas that has made life for the people of Iraq significantly better. There is electric power in areas that had none, water in homes where it did not exist, crops growing in places that could not sustain life before, schools rebuilt, hospitals renovated and people voting, and for many expressing their opinions publicly for the first time without fear of reprisal. Unfortunately, these are not the stories that make the civilian news in the "outside world." This fact, however, should never deter us from our mission; we must continue to take the high ground and do our best, day in and day out, to help rebuild the country of Iraq, knowing that most of these efforts will never make the evening news.

Stand on your convictions and the Core Values of being a Soldier in the United States Army, trust that God will continue to strengthen you for the tasks before you, and may all that you do bring great credit upon yourself, the 4th Infantry Division and the United States of America.



Chaplain (Maj.)
Gordon Furbay, 131st
Chaplain Detachment

REENLIST,

CONTINUED FROM PG. 17

were preparing Caldwell to be loaded on a stretcher and begin his journey out of Iraq, his commander, first sergeant and platoon arrived. Members of the platoon hung the American flag over his bed and propped Caldwell up.

Unable to raise his right arm due to multiple fractures, 1st Sgt. David Yost signed the paperwork on Caldwell's behalf and Bodenhamer administered the oath as the platoon stood at attention before him.

Moments later, Caldwell was on his way, first to Germany and later the U.S., for surgery and rehabilitation.

Though he will likely not re-join the unit in Iraq, doctors said he should be fine with a couple of operations and a few weeks of physical therapy.

"I am proud to have been able to make Staff Sgt. Caldwell's re-enlistment possible," said Koutsalas. "It is all about taking care of Soldiers."

Without question, this was an occasion that no one in Apache Troop will ever forget, said Bodenhamer.

A happy ending to a difficult day in Iraq – a great soldier on his way home, with the promise of recovery, re-enlisted to continue his service to the nation and his well-deserved bonus in his pocket.

MEDICAL PROTECTION SYSTEM - ARMY KNOWLEDGE ONLINE
INDIVIDUAL MEDICAL READINESS
AND IMMUNIZATION RECORD

On Jan. 4 the MEDPROS Team modified the AKO Medical Readiness Alerts to include a link for Soldiers to view their Individual Medical Readiness and Immunization Record - DD Form 2766C. The Soldiers now have the capability of opening and saving these documents using Adobe Acrobat. In addition, on these same screens are links to several informational health Websites and Army regulations covering Army Medical Readiness. Soldiers who find incorrect or blank data in their records can, with the proper medical documentation, contact their nearest MEDPROS data entry representative to have their information corrected/updated.

FREEDOM REST.

CONTINUED FROM PG. 17

day in class." Icebreakers, such as karaoke and sumo wrestling, help Soldiers get "comfortable with one another and get to know each other," said Stetzer.

One "famous" icebreaker, originated by Khamis "Jonathan" Younan, MWR staff technician for KBR, is a dramatic karaoke performance of Michael Jackson's "Billie Jean." Complete with black wig, jeans, t-shirt and the characteristic one glove, Younan lip-synchs the 1980's hit and does a spot-on impression of Jackson's most famous dance moves at the initial briefing for military personnel arriving at the resort. The performance does a good job of loosening up the audience, said Younan.

"Jonathan is the ultimate icebreaker for any party," added Raymond "Mike" Hicks, MWR coordinator, KBR.

The main hall at the vacation spot rivals that of any hotel. White columns dominate either side of the hall, connecting the maroon marble floors to the high ceilings. Several large chandeliers hang from the ceiling and cast a soft yellow glow onto the seating areas below.

Inside the main hall at Freedom Rest, Soldiers will discover a movie theater complete with a popcorn machine, a dining facility, two saunas, a video game room, a gym, a small post exchange and a combination video game, board game, DVD and CD rental station that houses hundreds of selections.

Also in the main hall are seating areas with large screen televisions, a ping pong table and a pool table. The hall also houses an internet café with a 24-hour morale phone allowing guests to dial anywhere in the U.S., free of charge. Visitors are also drawn to the left side of the hall where a wall of lightly-tinted glass runs the length of the large room. The glass allows for an impressive view of the courtyard and the resort's main attraction – poolside.

Stepping outside through one of several glass doors, Soldiers can take a closer look at the two pools. The larger pool spans the length of the courtyard and ranges in depth from 20 – four feet. A "water volleyball" net reaches across the span of the pool and a basketball hoop is mounted to the side to allow for water recreation activities. In the deeper end, two diving platforms and a springboard await brave jumpers.

White lounge chairs and umbrella-topped tables are scattered throughout the courtyard, most circling the magnificent pool with a few located at a distance for Soldiers who wish to play cards or board-games. A second smaller pool in the courtyard provides fun with four yellow waterslides that empty out into a shallow pool. A white gazebo located between the two pools offers a respite from the sun.

In addition to the pools, Freedom Rest houses a basketball court, football/soccer field and volleyball court.

For Soldiers who do want to "get in on the action" at the R&R spot, MWR coordinators have put together an exciting collection of team sports, water competitions and video game tournaments.

Athletic equipment and pools are not the only things Freedom Rest has going for it. An energetic staff works 24-7 to make sure the needs of each individual guest is met. There are event calendars for each four-day rotation of Soldiers through Freedom Rest. Outdoor events include dodge-ball, basketball, volleyball, flag football, and "big splash" competitions. The staff also sprinkles in a schedule of karaoke nights, movie nights and halo tournaments.

"The KBR staff was awesome," said Sgt. Tara Franceshina, human resource manager for the personnel section, Multi-National Division – Baghdad. "They really made sure we had a good time. I actually felt like I was at summer camp."

The staff likes to stay "one step ahead of the camps" in getting the latest equipment and games, said Stetzer.

When Freedom Rest opened in 2003, the entertainment desk boasted "a total of 10 DVDs and 25 X-box games," said Younan. "Now guests have a choice from over 615 movies and 200 X-box games."

"We have improved in a lot of areas quite a bit," said Hicks.

The mini-resort is also attracting the attention of concert and comedy tours circling Iraq. Most recently, country singer Toby Keith performed here on Memorial Day to an unprecedented crowd of more than 1,300 military personnel. The concert provided entertainment to the troops and also served as a "tool to bring Soldiers to Freedom Rest to see what it is all about," said Carpenter.

Ultimately, what Freedom Rest is can be best summed up by Hicks: "Freedom Rest doesn't get Soldiers out of the war zone, but it is an oasis for Soldiers."

\$ Pay Attention \$

230th Finance Battalion

"Always There and Ready"

Sgt. 1st Class Austin McLaughlin

230th Finance Battalion

Internal Control noncommissioned officer-in-charge

President Bush Signs New Tax Legislation for Military Personnel

On May 29, President Bush signed the Heroes Earned Retirement Opportunities – HERO – Act, which amends the Internal Revenue Code to continue to allow service members to exclude their military compensation from federal income tax, but also adds a provision that service members can contribute to an Individual Retirement Account (IRA) while serving in a combat zone tax exclusion area.

Military compensation earned by members of the armed forces while serving in combat zone areas is excluded from federal income tax. Enlisted members and warrant officers exclude all such military compensation. Commissioned officers exclude up to the maximum enlisted pay, plus imminent danger pay for the months they serve in a combat zone tax exclusion area.

The HERO Act is retroactive to tax year 2004. Therefore, members who did not make an IRA contribution during 2004 or 2005 because they were not eligible due to combat zone tax exclusion, have until May 28, 2009 (three years from the date of enactment) to make a contribution to an IRA for those years.

Soldiers can now check Savings Deposit Program on myPay

On May 10, myPay was updated to include a Savings Deposit Program account balance query function. Service members now have the option of viewing their current SDP balance and identifying whether all deposits have been properly credited to their account.

To use this new tool, log on to myPay and select Savings Deposit Program statement. The account history shows all deposits made by allotment or cash collection voucher and the date the transaction was credited to your SDP account. The current account balance includes all deposits and accrued interest up to and including the previous calendar month.

If you made a deposit more than 10 weeks ago and it does not appear in your account balance; scan a copy of your CCV to ccl-sdp@dfas.mil. The deposit(s) will be posted to your account along with any back interest due.

For more information regarding SDP, myPay and other finance questions, call or stop by your local finance office.

Finance Office Hours and Locations.

Liberty Finance Office: Mon.—Sat., 9 a.m. to 4 p.m., Sunday, 9 a.m. to noon.

Stryker Finance Office: Mon.—Wed., 9 a.m. to 3 p.m., Sunday, 9 a.m. to noon.

Abu Ghraib Finance Office: Bi-Monthly Thur.—Fri., 8 a.m. to 6 p.m.

Victory Finance Office: Mon.—Sat., 9 a.m. to 4 p.m., Sunday 9 a.m. to noon.

Seitz Finance Office: Bi-Monthly Friday 10 a.m. to 3:30 p.m.

Justice Finance Office: Bi-Monthly Friday 10 a.m. to 6 p.m. and

Saturday 9 a.m. to 1 p.m.

Rustamiah Finance Office: Mon.—Sat., 9 a.m. to 4 p.m., Sunday 9 a.m. to noon.

Taqaddum Finance Office: Mon.—Fri., 9 a.m. to 5 p.m., Sat.—Sun.

1 p.m. to 5 p.m.

Falcon Finance Office: Mon.—Sat., 9 a.m. to 4 p.m., Sunday 9 p.m. to noon.

Diwanayah Finance Office: Mon.—Sat., 9 a.m. to 4 p.m.

Scania Finance Office: Mon.—Sat., 9 a.m. to 4 p.m., Sunday 9 a.m. to noon.

Kalsu Finance Office: Mon.—Sat., 9 a.m. to 4 p.m.

Prosperity Finance Office: Mon.—Thur. & Sat. 9 a.m. to 4 p.m.,

Sunday 9 a.m. to 4 p.m.

CPA-US Embassy Finance Office: Mon.—Sat. 9 a.m. to 4 p.m.,

Sunday 9 a.m. to 1 p.m.

Joint Finance Office: Mon.—Thur. & Sat., 9 a.m. to 5 p.m., Sunday 9 a.m. to 5 p.m.

Victory Contracting Office: Mon.—Sat., 9 a.m. to 5 p.m., Sunday 9 a.m. to noon.

IIGF Disbursing Section: Mon., Wed., Fri., 9 a.m. to 5 p.m. (by appointment)

CERP Disbursing Section: Mon.—Sat., 9 a.m. to 5 p.m., Sunday 9 a.m. to noon. (by appointment)



Photo by Sgt. Kristin Kemplin, 363rd MPAD

BAGHDAD – Freedom Rest's main pool spans the length of the courtyard. Located in the Green Zone, Freedom Rest is available to all 4th Infantry Division Soldiers wanting to take a four-day pass. The main hall houses a dining facility, movie theater, video game room, small PX, internet café, two saunas and various other amenities for Soldiers.

ENTERTAINMENT

Astrology of Soldiers: What your water sign says about you

Kee in mind as you read this that the below descriptions are about your sun-sign only. You have other planets that affect you as an individual and no two individuals have the same astrological make-up. The sun tends to be the most obvious part of your personality-your conscious self. Your moon sign and rising sign are also important in determining your personality, so if you know your moon sign and/or your "rising sign," read them as well as your sun-sign.

The moon sign you possess generally indicates how you will act in emotional situations and is more or less the subconscious self. The rising sign is your "higher self," your expectations and what you are looking for from life. It also is frequently how you look physically, i.e., your build, etc.

Lastly this column is not meant to be taken as a serious reflection on who you are, or what kind of a Soldier you are; it is a light-hearted look at astrological sun signs for amusement purposes only.

Cancer (Jun. 22 – Jul. 22). The crab . A cardinal water sign ruled by the Moon. An emotional leader. The Cancer Soldier can be very quiet but is swift to attack and will do so without hesitation; they get hold of their enemy



By Nancy Anderson
Astrologer
Waukomis, Okla., the
Spirit of America

just like the crab, and they won't let go. They don't give an inch; whatever needs to be done, they will do it. They make friends for life and are tenacious and loyal in friendship to an almost unbelievable degree; they never give up on a friend. Most love to cook so if there is a unit Bar-B-Que, look for the Cancer to be mixing up the secret sauce.

Scorpio (Oct. 24 – Nov. 21). The scorpion. A fixed water sign traditionally ruled by the planet Mars but more recently thought to be ruled by Pluto. Scorpio Soldiers are powerful people and the emotional protector. They can make a judgment call in a split second, so trust them. Many Soldiers born under this sign are adept at night-fighting especially and like to keep close to the ground. When you are in a war zone, you definitely want a couple of Scorpios around. Scorpios love nothing more than a "deep discussion." Although they make friends easily, they prefer one-on-one conversations to groups. Their mind is all about the task ahead – and that is a good thing.

Pisces (Feb. 19 – Mar. 20). The fish. Ruled by the planet Neptune, more traditionally thought to be ruled by the planet Jupiter. It is a mutable water sign and an emotional servant. The Pisces Soldier has a deep-seated desire to get the job done. He or she has a great eye, as the artist they are, for seeing the "big picture." They want to win, but with "flying colors" and for everyone to be able to move in their own direction and they truly do want to let freedom ring, in the ears of all mankind. Pisces hate discomfort and pain, in themselves or others.

5K Walk for Freedom

Camp Liberty Division MWR

Sunday, July 2, 2006



Check in time 5:15 a.m.
Start time: 6 a.m.

POCS:
veronica.ford@mnd-b.army.mil
latoya.mclaughlin@mnd-b.army.mil
arpege.gibson@mnd-b.army.mil

CARTOON CORNER

★ OPERATION ELUSIVE CONCEPT ★

BY CHRIS ASHBY - WWW.ELUSIVE-CONCEPT.COM



The big game ... is ... soccer

(otherwise known in the rest of the world as football)



Sports Roundup

with Staff Sgt. Christian Farrell
363rd MPAD

There's a term in sports you hear used all the time – BIG GAME. Some may say it's over-used. The word "big" in sports conversations is intended to mean extremely important. Well, on July 9, there can be no denying the extreme importance of the sporting event that'll be played in Berlin, Germany.

No, objectively speaking, this is probably not as "big" as a match-up of Yankees-Red Sox or Ohio State-Michigan. On July 9, the two finalists from the 2006 World Cup's original field of 32 teams will be playing for the right to call themselves world champions. It's the sport of soccer's grand prize (only we Americans call the game soccer ... to everyone else in the world, it's football).

The "big" in big game in this case, may not be "big" enough when you consider an estimated 2 billion people will be watching the final game or "match" on television worldwide. Perhaps huge, colossal or galactic would be a more appropriate identifier. Many American Soldiers just don't understand the "big-ness" that surrounds this game, me included.

"What can be bigger than the Super Bowl?" I asked Army Col. Joseph Orlandi, Chaplain with Multi-National Corps – Iraq, recently, before the World Cup started. "Staff Sgt. Farrell," he tells me, "It's so big, you have no idea. In South America, Spain, Italy, France, England, Germany and other countries, it (soccer) is a religion."

Col. Orlandi's background is as diverse as he is; born and raised outside of Rome, Italy, he spent the first half of his life in Italy before moving to New Jersey in 1970. He even played semi-professional soccer in Italy. For the last 26 years, he has worn the Army green as a Catholic chaplain throughout the world.

But what may be the most important thing to know about Col. Orlandi is that during the monthlong World Cup competition, he, ostensibly like the rest of the world, is not to be bothered during a match, especially one involving Italy. He says if his favorite team is playing when mass is scheduled, he has already informed his fellow chaplains what they need to do ... change the mass schedule, or cover for him. "When the World Cup starts, I don't exist. You won't see me dur-

ing the games."

"Father Football" conceded that World Cup favorite and defending champion, Brazil, does have the best team by far. He says the Brazilians are so talented with a soccer ball that "it looks as if they're dancing on the field rather than playing." But with being so good comes the pressure to win. According to Col. Orlandi, "If Brazil doesn't win (the tournament), the country will have a week of mourning. I guarantee you."

And while he isn't guaranteeing his prediction, what he'd like to see is a rematch of the 1994 World Cup final held in the United States – his beloved Italians versus the "dancing Brazilians." A dozen years ago Brazil defeated Italy in a shootout, 3-2. The Italians still talk about the loss like it was yesterday, he says.

On July 9, Col. Orlandi is hoping for a different outcome. "3-1, Italy wins," the chaplain tells me, "you never know." Col. Orlandi returns to the U.S. at the end of June following consecutive six-month tours in Afghanistan and Iraq.

After spending an hour chatting about "football" with the colorful priest-colonel,



the one thing I can GUARANTEE is this ... he'll be the one dancing if Italy happens to win the World Cup.

Editor's Note: Italy triumphed over Ghana 2-0 in their first game June 12. Their second match up, against the U.S., June 17 resulted in a 1-1 tie.

TRAINING.

CONTINUED FROM PG. 3

"The soldiers felt the curriculum was well put together by the 5th Engineer Battalion. The Iraqis are willing to undergo any training opportunity, especially if it's given by American Soldiers. They were excited to go to the Counter-IED training and they expressed their gratitude toward

us for trying to make them better soldiers and better prepared for their upcoming missions," he added.

The MP platoon's leader, who asked that he and his soldiers not to be identified by name for security reasons, agreed with Capt. Gonzales' assessment.

"My soldiers liked the training and especially liked the different

items representing actual IEDs that were shared with them. The classes were well prepared and incorporated a lot of hands-on training."

Other MPs also shared their leader's positive opinion of the course.

"This helps us improve our ability to protect our soldiers and Iraqi citizens. I felt like I learned

a lot," one Iraqi Soldier commented.

"Any training we can get in battling IEDs will help improve the whole Iraqi army. With detecting IEDs, every little thing helps," another MP said.

Capt. Gonzales said the instruction was invaluable for Iraqi army soldiers who attended.

"Through working in my role

as a MiTT advisor, I've seen the Iraqi army getting better everyday. They are a group of motivated soldiers who want the best for their country and want their citizens to be able to live a free life. This course will definitely help them as they are working toward taking over the battle space and this training definitely enables them to be more effective."

FACES AND PLACES



Photo by Maj. David Olson, 1st BCT, 4th Inf. Div.

TAJI, Iraq -- Sheik Saeed Jassim Hamid (left), Qada chairman walks with Mr. Paul Brinkley, Deputy Under Secretary of Defense for Business Transformation, and Dr. Ibraheem A.K. Al Hawaas, clinic supervisor, through the compound of the Tarmiya Medical Clinic, June 2.



Photo by Spc. Karl Johnson, 363rd MPAD



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ABOVE: CAMP LIBERTY, Iraq -- Maj. Troy Leach, aide-de-camp to the commanding general of Multi-National Division -- Baghdad, chats with Rep. Adam Putnam (R-FL) during a congressional delegation visit to Camp Liberty, Iraq, June 2. Putnam and three other representatives, including Speaker of the House, J. Dennis Hastert (R-IL), met with MND-B Soldiers to show their support for the work being done in Iraq. Speaker Hastert offered both a hearty handshake and an Illinois University hat to the Soldiers in attendance.

LEFT: CAMP LIBERTY, Iraq -- Maj. Gen. J.D. Thurman, commander, Multi-National Division -- Baghdad, greets Rep. Ray LaHood (R-IL) before a meeting between congressional delegates and MND-B Soldiers. Four representatives from three states made the trip to Camp Liberty June 2 including Speaker of the House J. Dennis Hastert (R-IL). The delegates ate lunch with Soldiers from the states of Illinois, Florida and Maryland, and expressed their support for the work Soldiers are doing in Iraq.